

BEGINNERS' 5K AND 10K TRAINING

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Off	20 minutes easy racewalking	20 minutes easy racewalking	OFF	20 minutes easy racewalking	Off	20 minutes easy racewalking
2	Off	20 minutes easy racewalking	20 minutes easy racewalking	OFF	20 minutes easy racewalking	Off	30 minutes easy racewalking
3	Off	30 minutes easy racewalking	30 minutes easy racewalking	OFF	30 minutes easy racewalking	Off	40 minutes easy racewalking
4	Off	30 minutes easy racewalking	10 min. warm-up. 6 x 400m fast. 2 min. rest breaks. 5 min. cool-down	OFF	20 min. accelerations. Start easy and slowly build speed.	Off	40 minutes easy racewalking
5	Off	30 minutes easy racewalking	10 min. warm-up. 8 x 400m fast. 2 min. rest breaks. 5 min. cool-down	OFF	30 min. accelerations. Start easy and slowly build speed.	Off	50 minutes easy racewalking
6	Off	30 minutes easy racewalking	10 min. warm-up. 8 x 800m medium fast. 2 min. rest breaks. 10 min. cool-down	OFF	45 minutes a little faster than easy (steady pace) racewalking	Off	50 minutes easy racewalking
7	Off	30 minutes easy racewalking	15 min. warm-up. 3 x 1,000m medium fast. 2 min. rest breaks. 10 min. cool-down	OFF	30 min. accelerations. Start easy and slowly build speed.	Off	60 minutes easy racewalking
8	Off	30 minutes easy racewalking	15 min. warm-up. 8 x 400m fast. 2 min. rest breaks. 10 min. cool-down	OFF	50 min. Steady pace. (faster than Easy pace but still comfortable)	Off	60 minutes easy racewalking

9	Off	30 minutes easy racewalking	15 min. warm-up. 3 x 1,000m medium fast. 2 min. rest breaks. 10 min. cool-down	OFF	30 minutes easy racewalking	Pre.race warm-up. 20 min. easy + 2 x 400m fast	You are now ready for your first Race or Time Trail
---	-----	-----------------------------	--	-----	-----------------------------	--	---