



FRONTRUNNER
EVENTS LTD

10K BEGINNER PLAN

FRONT RUNNER EVENTS 10K - 8 WEEK BEGINNER PLAN

| | MON | TUES | WED | THURS | FRI | SAT | SUN | TOTAL TIME |
|---------------|------|-----------------------------|------|-----------------------------|----------------------------|------|-----------------------------|--------------------|
| WEEK 1 | REST | 20 Minutes Easy walk/run | REST | 20 Minutes Easy walk/run | Strength & Conditioning | REST | 30 Minutes Easy walk/run | 70 Minutes |
| WEEK 2 | REST | 20 Minutes Easy walk/run | REST | 20 Minutes Easy walk/run | Strength & Conditioning | REST | 30 Minutes Easy walk/run | 70 Minutes |
| WEEK 3 | REST | 20 Minutes Easy walk/run | REST | 20 Minutes Easy walk/run | Strength & Conditioning | REST | 30 Minutes Easy walk/run | 70 Minutes |
| WEEK 4 | REST | 20 Minutes Easy walk/run | REST | 30 Minutes Easy walk/run | Strength & Conditioning | REST | 40 Minutes Easy walk/run | 90 Minutes |
| WEEK 5 | REST | 20 Minutes Easy walk/run | REST | 30 Minutes Easy walk/run | Strength & Conditioning | REST | 50 Minutes Easy walk/run | 100 Minutes |
| WEEK 6 | REST | 20 Minutes Easy walk/run | REST | 40 Minutes Easy walk/run | Strength & Conditioning | REST | 60 Minutes Easy walk/run | 120 Minutes |
| WEEK 7 | REST | 20 Minutes Easy walk/run | REST | 30 Minutes Easy walk/run | Strength & Conditioning | REST | 40 Minutes Easy walk/run | 90 Minutes |
| WEEK 8 | REST | 20 Minutes Easy walk/run | REST | 20 Minutes Easy walk/run | Strength & Conditioning | REST | 10K Race! | #BeYourBest |