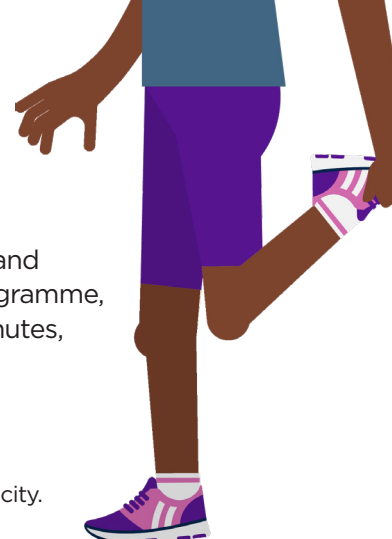




# Beginner 10 mile programme

This programme is designed for you if you're a beginner runner and would like to train for a 10 mile run. To make the most of the programme, you should be able to run/walk 3 miles (5km) in less than 40 minutes, and you may have completed the beginner 5km programme.



Use this alongside our 10-mile training webpage: [bupa.co.uk/10-mile-plan](http://bupa.co.uk/10-mile-plan).

The effort levels described here correspond to the 'Activity' column. One mile is equivalent to 1.6km.

For this training programme, distances in km have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	<b>30 mins easy</b> (but walk for 3 minutes if you need a rest, then try to run again)	Rest	<b>30 mins easy</b>	Rest	Rest	<b>Long run: 2 miles</b> (try not to walk if you can)
Week 2	Rest	<b>30 mins easy</b>	Rest	<b>40 mins easy</b>	Rest	Rest	<b>Long run: 2miles</b>
Week 3	Rest	<b>30 mins easy</b>	Rest	<b>30 mins easy</b>	Rest	Rest	<b>Long run: 3 miles (5k)</b>
Week 4	Rest	<b>30 mins easy</b>	Rest	<b>40 mins easy</b>	Rest	Rest	<b>Long run: 3 miles (5k)</b>
Week 5	Rest	<b>30 mins interval running</b>	Rest	<b>40 mins easy</b>	Rest	Rest	<b>Long run: 4 miles</b>
Week 6	Rest	<b>40 mins easy</b>	Rest	<b>40 mins tempo</b>	Rest	Rest	<b>Long run: 5 miles</b>
Week 7	Rest	<b>40 mins interval running</b>	Rest	<b>50 mins easy</b>	Rest	Rest	<b>Long run: 60 mins</b>
Week 8	Rest	<b>30 mins easy</b>	Rest	<b>40 mins easy</b>	Rest	Rest	<b>Long run: 6 miles (or a 10k race)</b>
Week 9	Rest	<b>40 mins easy</b>	Rest	<b>50 mins tempo</b>	Rest	Rest	<b>Long run: 60 mins</b>
Week 10	Rest	<b>40 mins interval running</b>	Rest	<b>50 mins easy</b>	Rest	Rest	<b>Long run: 8 miles (13k)</b>
Week 11	Rest	<b>50 mins easy</b>	Rest	<b>50 mins tempo</b>	Rest	Rest	<b>Long run: 90 mins</b>
Week 12	Rest	<b>30 mins easy</b>	Rest	<b>30 mins easy</b>	Rest	Rest	<b>10-MILE RACE</b>

