Beginners 16 week 10km Programme

Programme by Greg Lautenslager Athletics Nelson running coach

1) Consult your physician before starting any running programme.
2) Slowly work up to the programme before starting it for a few weeks.
3) You can change the days around to suit.

Week 1

Monday	1km
Tuesday	off
Wednesday	1km
Thursday	1km
Friday	off
Saturday	2km
Sunday	off

Week 2

Monday	1.5km
Tuesday	off
Wednesday	1.5km
Thursday	1km
Friday	off
Saturday	2km
Sunday	off

Week 3

Monday	2km
Tuesday	off
Wednesday	2km
Thursday	1.5km
Friday	off
Saturday	3km
Sunday	off

Week 4

Monday	1.5km
Tuesday	off
Wednesday	1.5km
Thursday	1.5km
Friday	off
Saturday	3km
Sunday	off

Week 5

Monday	2km
Tuesday	off
Wednesday	2km
Thursday	2km
Friday	off
Saturday	4km
Sunday	off

Week 6

Monday	2km
Tuesday	off
Wednesday	2km
Thursday	2km
Friday	off
Saturday	5km
Sunday	off

Week 7

Monday	2km
Tuesday	off
Wednesday	3km
Thursday	2km
Friday	off
Saturday	5km
Sunday	off

Week 8

Monday	1.5km
Tuesday	off
Wednesday	2km
Thursday	1.5km
Friday	off
Saturday	4km
Sunday	off

Week 9

Monday	2km
Tuesday	off
Wednesday	3km
Thursday	2km
Friday	off
Saturday	6km
Sunday	off

Week 10

Monday	2km
Tuesday	off
Wednesday	3km
Thursday	2km
Friday	off
Saturday	7km
Sunday	off

Week 11

Monday	2km
Tuesday	off
Wednesday	3km
Thursday	2km
Friday	off
Saturday	7km
Sunday	off

Week 12

Monday	2km
Tuesday	off
Wednesday	2km
Thursday	1km
Friday	off
Saturday	6km or 5km race
Sunday	off

Week 13

Monday	3km
Tuesday	off
Wednesday	4km
Thursday	2km
Friday	off
Saturday	7km
Sunday	off

Week 14

Monday	3km
Tuesday	off
Wednesday	4km
Thursday	2km
Friday	off
Saturday	8km
Sunday	off

Week 15

Monday	3km
Tuesday	off
Wednesday	4km
Thursday	2km
Friday	off
Saturday	7km
Sunday	off

Week 16

Monday	2km
Tuesday	off
Wednesday	2km
Thursday	1km
Friday	1km
Saturday	off
Sunday	**10km**

If you would like a personal programme tailored to your requirements contact Greg Lautenslager email greglautenslager@hotmail.com (fee applies)