

Running schedule 5 to 10K

This running schedule takes 10 weeks

In order to start this schedule, you must:

- Successfully completed the running schedule for beginners from 0 to 5 km.
- Be able to jog for 30 min without walking
- 3 days available to train A lot

Week 1

Day 1	30 minutes jogging
Day 2	35 minutes jogging
Day 3	<ul style="list-style-type: none">- Approximately 10 min warming up/stretching- 4,000 m (=10 laps) in which 4 x 100 m accelerating.- Trot (run calmly) for another 10 minutes

Week 2

Day 1	30 minutes jogging
Day 2	38 minutes jogging
Day 3	<ul style="list-style-type: none">- Approximately 10 min warming up/stretching- 4,000 m (=10 laps) in which 6 x 100 m accelerating.- Trot (run calmly) for another 10 minutes

Week 3

Day 1	30 minutes jogging
Day 2	41 minutes jogging
Day 3	<ul style="list-style-type: none">- Approximately 10 min warming up/stretching- 4,000 m (=10 laps) in which 8 x 100 m accelerating.- Trot (run calmly) for another 10 minutes

Week 4

Day 1	30 minutes jogging
Day 2	45 minutes jogging
Day 3	<ul style="list-style-type: none">- Approximately 10 min warming up/stretching- 3 x 100 m accelerating followed by 300m jogging (slowly) each time & 2 x 200 m accelerating followed by 400m jogging (slowly) each time- Trot (run calmly) for another 10 minutes

Week 5

Day 1	30 minutes jogging
Day 2	50 minutes jogging
Day 3	<ul style="list-style-type: none">- Approximately 10 min warming up/stretching- 3 x 100 m accelerating followed by 300m jogging (slowly) each time & 2 x 200 m accelerating followed by 400m jogging (slowly) each time- Trot (run calmly) for another 10 minutes

Week 6

Day 1	35 minutes jogging
Day 2	50 minutes jogging
Day 3	<ul style="list-style-type: none"> - Approximately 10 min warming up/stretching - 4 x 100 m accelerating followed by 300m jogging each time & 4 x 200 m accelerating followed by 400m jogging each time - Trot (run calmly) for another 10 minutes

Week 7

Day 1	35 minutes jogging
Day 2	55 minutes jogging
Day 3	<ul style="list-style-type: none"> - Approximately 10 min warming up/stretching - 100m accelerate, 300m jog, 200m accelerate, 400m jog, 300m accelerate, 400m jog & repeat this entire sequence one more time - Trot (run calmly) for another 10 minutes

Week 8

Day 1	35 minutes jogging
Day 2	60 minutes jogging
Day 3	<ul style="list-style-type: none"> - Approximately 10 min warming up/stretching - 10 x 100 m accelerating followed by 300m jogging each time & - Trot (run calmly) for another 10 minutes

Week 9

Day 1	35 minutes jogging
Day 2	65 minutes jogging
Day 3	<ul style="list-style-type: none"> - Approximately 10 min warming up/stretching - 100m accelerate, 300m jog, 200m accelerate, 400m jog, 300m accelerate, 400m jog & repeat this entire sequence one more time - Trot (run calmly) for another 10 minutes

Week 10

Day 1	35 minutes jogging
Day 2	70 minutes jogging
Day 3	4 x 400 m accelerating followed by 400m jogging each time

You should be able to run 10K in a row:
Congratulations!