

4-months 10k training plan for beginners

Before starting the training plan, I would like to draw your attention to a few facts.

This training plan is general. Everyone is unique and everyone needs a different approach.

The plan is designed for a fit (healthy) person determined to work on the running form.

I wish you all the best, good health, strength and determination on the path to achieving your goals.

Romana Komárňanská, Bratislava Marathon Team coach

1-week training schedule (27.04. – 03.05.2020)

Monday: 1/1 x 10 (1 minute walk with combination of easy run 1 minute, repeat 10x), summary 20 minutes of physical activity

Tuesday: rest

Wednesday: 1/1 x 12 (1 minute walk, 1 minute run), summary 24 minutes of physical activity

Thursday: rest

Friday: 1/1 x 10 (1 minute walk, 1 minute run), summary 20 minutes

Saturday: rest

Sunday: 1/2 x 10 (1 minute walk, 2 minutes run), summary 30 minutes

2-week training schedule (04.05. – 10.05.2020)

Monday: rest

Tuesday: 1/1 x 14 (1minute walk, 1 minute run), summary 28 minutes of physical activity

Wednesday: 1/1 x 12 (1minute walk, 1 minute run), summary 24 minutes of endurance



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Thursday: rest

Friday: 1/3 x 7 (1 minute walk, 3 minutes run), summary 28 minutes

Saturday: 2/2 x 6 (2 minutes walk, 2 minutes run), summary 24 minutes of endurance

Sunday rest

3-week training schedule (11.05. – 17.05.2020)

Monday: 2/4 x 6 (2 minutes walk, 4 minutes run), summary 36 minutes of endurance

Tuesday: rest

Wednesday: 1/3 x 10 (1 minute walk, 3 minutes run), summary 30 minutes

Thursday: rest

Friday: rest

Saturday: 20 minutes Easy Run, and then 5 minutes walk and the end 5 minutes jogging, summary 30 minutes of endurance

Sunday: rest

4-week training schedule (18.05. – 24.05.2020)

Monday: 30 minutes easy run

Tuesday: 1/5 x 9 (1 minute walk, 5 minutes run), summary 45 minutes of physical activity

Wednesday: rest

Thursday: 35 minutes easy run

Friday: rest

Saturday: 6,5k (easy run)

Sunday: rest

5-week training schedule (25.05. – 31.05.2020)

Monday: 40 minutes easy run





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Tuesday: rest

Wednesday: J 2k, main part: 8x200m (55s), P: 2 minutes, RR 2k, summary 5,6k

Thursday: rest

Friday: 7k easy run

Saturday: rest

Sunday: 8k easy run

6-week training schedule (01.06. – 07.06.2020)

Monday: rest

Tuesday: 5k easy run, at the run 10x60m faster run

Wednesday: J 2k, main part: 6x300m (1:30) P 2:30, RR 2k

Thursday: 6k (easy run)

Friday: rest

Saturday: rest

Sunday: 10k (easy run)

7-week training schedule (08.06. – 14.06.2020)

Monday: 7k (easy run)

Tuesday: rest

Wednesday: J 2k, main part: 6x400m (2:15) P 2:30, RR 2k, summary, 6,4k

Thursday: 5k (easy run)

Friday: rest

Saturday: J 3k, 10x100m with jogging 100m, (faster run 100m a 100m easy run),
RR 3k, summary 8k

Sunday: rest





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8-week training schedule (15.06. – 21.06.2020)

Monday: 6,5k easy run

Tuesday: J 1,5k, main part: 4x500m (2:45) P 3 minutes, RR 1,5k, summary 5k

Wednesday: rest

Thursday: 5k easy run

Friday: rest

Saturday: 3k easy run, at the run 8x120m (faster run)

Sunday: 8k run easy run

9-week training schedule (22.06. – 28.06.2020)

Monday: 6k 70% of max. HR

Tuesday: rest

Wednesday: 5k easy run, at the run 10x80m faster run

Thursday: rest

Friday: rest

Saturday: 6k (75% of max. HR)

Sunday: 8k (80% of max. HR)

10-week training schedule (29.06 – 05.07.2020)

Monday: rest

Tuesday: 8k easy run (80% of max. HR)

Wednesday: rest

Thursday: J 2k, main part: 8x200m (50/52s/ P 2 minutes, RR 2k

Friday: 6k recovery run

Saturday: rest

Sunday: J 1k, main part: 5k (5:30), RR 1k, summary 7k





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11-week training schedule (06.07. – 12.07.2020)

Monday: rest

Tuesday: 8k (5:45)

Wednesday: J 1,5k, main part: 5x300m (1:20) P 2 minutes, 2x400 (1:50) P 3 minutes,
RR 1,5k

Thursday: rest

Friday: 5k easy run, 10x100m faster run

Saturday: rest

Sunday: 10k (75% of max. HR)

12-week training schedule (13.07. – 19.07.2020)

Monday: rest

Tuesday: J 1,5k, main part: 4x1k (5:05) P 2:30, RR 1,5k

Wednesday: 7k (5:40)

Thursday: rest

Friday: 8k (5:35)

Saturday: rest

Sunday: 12k (70% of max. HR)

13-week training schedule (20.07. – 26.07.2020)

Monday: 6k (65% of max. HR)

Tuesday: J 1,5k 5x500m (2:20) P 2:30, RR 1,5k

Wednesday: rest

Thursday: 6k (5:30)

Friday: rest

Saturday: 10k easy run

Sunday: rest





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14-week training schedule (27.07– 02.08.2020)

Monday: 7k (5:30)

Tuesday: J 1,5k, main part: 1x1k (4:40) P 2:30, 2x500m (2:20) P 2 minutes

Wednesday: rest

Thursday: 6k (5:20)

Friday: rest

Saturday: 4k easy run, 8x120m faster run

Sunday: J 1k, main part: 5k (5:20) RR 2k, summary 8k

15-week training schedule (03.08. – 09.08.2020)

Monday: rest

Tuesday: 8k easy run

Wednesday: rest

Thursday: 10k easy run

Friday: rest

Saturday: 2k easy run, 10x150m faster run, RR 2k

Sunday: 10k easy trail run

16-week training schedule (10.08. – 16.08.2020)

Monday: rest

Tuesday: J 2,5k, main part: 12x120m faster run uphill, P: easy run downhill, RR 2,5k

Wednesday: 12k easy run

Thursday: rest

Friday: rest

Saturday: 4k easy run, at the run 10x80m faster run

Sunday: 12k easy run





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17-week training schedule (17.08. – 23.08.2020)

Monday: rest

Tuesday: 7k easy run

Wednesday: J 1k, 2x2k (5:10) P 3 minutes, RR 1k

Thursday: 8k (5:40)

Friday: rest

Saturday: rest

Sunday: 13k easy trail run

18-week training schedule (24.08. – 30.08.2020)

Monday: rest

Tuesday: 6k easy run

Wednesday: J 1,5k main part: 8x250m faster run uphill, P: easy run downhill, RR 2k

Thursday: rest

Friday: 5k easy run, 10x100m faster run

Saturday: 11k easy run

Sunday: rest

19-week training schedule (31.08. – 06.09.2020)

Monday: 6k easy run

Tuesday: J 2k, main part: 2x1k (4:55) P 2 minutes, 1x500m (2:20) RR 2k

Wednesday: 4k easy run

Thursday: rest

Friday: J 2k, 10x80m faster run with jogging 100m, RR 2k

Saturday: Competition 10k (05.09.2020)

Sunday: recovery run 30/40 minutes





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HR / heart rate
J /jogging
RR / recovery run
P / pause

