

# FROM WALKING TO RUNNING

6 Week Beginner Training programme

## HUME 10KM RUN



	1st Week	2nd Week	3rd Week	4th Week	5th Week	6th Week
SUN	Rest or Easy Walk	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
MON	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUE	3km easy	3.5km easy	4km easy	4.5km easy	5km easy	4km really easy
WED	Cross-train (bike, swim, brisk walk) (20-30 min)	Cross-train (bike, swim, brisk walk) (20-30 min)	Cross-train (bike, swim, brisk walk) (20-30 min)	Cross-train (bike, swim, brisk walk) (20-30 min)	Cross-train (bike, swim, brisk walk) (20-30 min)	Rest or light walk
THU	3km easy	3.5km easy	4km easy	4.5km easy	5km easy	3km really easy
FRI	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SAT	4km long run	5km long run	6km long run	7km long run	8 - 9km long run	

### Extra Guidance:

- Go slower than you think. Your long runs should feel easy. Speed doesn't matter—finishing does.
- Build gradually, If a week feels too hard, repeat it before moving on.
- Fuel & hydration - For runs over ~6 km, consider water and a light snack beforehand.
- Recovery matters - Rest days are where your body actually gets stronger.

"No matter how slow you go, you are still lapping everyone on the couch."