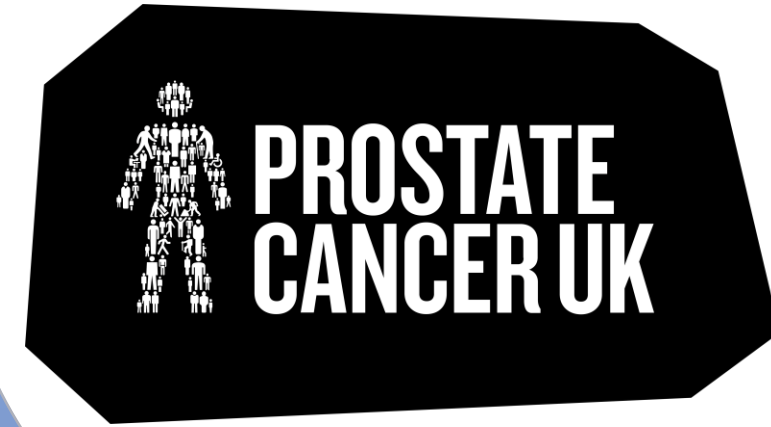


10km WALK -TRAINING PLAN - BEGINNERS



This training plan is designed to help you reach the start line of a 10km walk feeling prepared, confident, and ready to achieve your goal. It's ideal for beginners who want to complete their first 10km event, such as a community walk or charity challenge

IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Walking Guide, which gives more detail on the structure of the walking sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

WHY TRAIN THIS WAY?

If you always do the same type of walk, your progress can plateau. This plan adds variety, structure, and gradual progression to your training. It will challenge you at different effort levels and steadily build your endurance, strength, and confidence to complete your 10km walk comfortably and successfully

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 MINUTES STRENGTH/CORE WORK	10-15 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	HILL WALK - 15 MINUTES EASY CONVERSATIONAL PACE WITH 3-4 HILLS INCLUDED WALKED AT A SLIGHTLY FASTER PACE	REST	1KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
2	10 MINUTES STRENGTH/CORE WORK	15 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	HILL WALK - 20 MINUTES EASY CONVERSATIONAL PACE WITH 4-5 HILLS INCLUDED WALKED AT A SLIGHTLY FASTER PACE	REST	2KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
3	15 MINUTES STRENGTH/CORE WORK	20 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	HILL WALK - 25 MINUTES EASY CONVERSATIONAL PACE WITH 5-6 HILLS INCLUDED WALKED AT A SLIGHTLY FASTER PACE	REST	3KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
4	15 MINUTES STRENGTH/CORE WORK	20 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	HILL WALK - 20 MINUTES EASY CONVERSATIONAL PACE WITH 4-5 HILLS INCLUDED WALKED AT A SLIGHTLY FASTER PACE	REST	4KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST
5	20 MINUTES STRENGTH/CORE WORK	30 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	HILL WALK - 30 MINUTES EASY CONVERSATIONAL PACE WITH 6 HILLS INCLUDED WALKED AT A SLIGHTLY FASTER PACE	REST	5KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
6	20 MINUTES STRENGTH/CORE WORK	35 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	FARTLEK WALK 30 MINUTES WITH 2X5 MINUTES WALKED AT A BRISK EFFORT - TAKE GOOD RECOVERY IN BETWEEN EFFORTS	REST	6KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	20 MINUTES STRENGTH/CORE WORK	45 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	FARTLEK WALK 35 MINUTES WITH 3X5 MINUTES WALKED AT A BRISK EFFORT - TAKE GOOD RECOVERY IN BETWEEN EFFORTS	REST	7KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
8	20 MINUTES STRENGTH/CORE WORK	45 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	FARTLEK WALK 30 MINUTES WITH 2X5 MINUTES WALKED AT A BRISK EFFORT - TAKE GOOD RECOVERY IN BETWEEN EFFORTS	REST	8KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST
9	20 MINUTES STRENGTH/CORE WORK	50 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	FARTLEK WALK 40 MINUTES WITH 4X5 MINUTES WALKED AT A BRISK EFFORT - TAKE GOOD RECOVERY IN BETWEEN EFFORTS	REST	9KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
10	20 MINUTES STRENGTH/CORE WORK	60 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	FARTLEK WALK 45 MINUTES WITH 5X5 MINUTES WALKED AT A BRISK EFFORT - TAKE GOOD RECOVERY IN BETWEEN EFFORTS	REST	9KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
11	20 MINUTES STRENGTH/CORE WORK	60 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	FARTLEK WALK 50 MINUTES WITH 6X5 MINUTES WALKED AT A BRISK EFFORT - TAKE GOOD RECOVERY IN BETWEEN EFFORTS	REST	8KM WALK - EASY CONVERSATIONAL PACE TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST/CROSS TRAIN/CORE - DEPENDING ON HOW YOU ARE FEELING - CROSS TRAINING COULD BE CYCLING, ROWER, SWIMMING (20 MINS WHERE POSSIBLE)
12	15 MINUTES STRENGTH/CORE WORK	40 MINUTES EASY CONVERSATIONAL PACE WALK TAKING BREAKS WHEN YOU FEEL YOU NEED TO	REST	30 MINUTE EASY WALK	REST	10KM WALK - YOU CAN DO IT! WELL DONE!	REST

- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add strength conditioning, Pilates or yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 minutes.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.

All training plans are here to give you a general direction of travel and we fully expect you to move days around to fit your lifestyles. Please use these training plans as a point of reference to help you with the type of runs and sessions and give you general structure towards Always substitute cross-training for walking if you're injured, very sore, or conditions aren't safe to walk outside.

If you have time, include strength training, Pilates, or yoga once or twice a week to improve balance, posture, and overall fitness.

Aim to stretch every day for at least 10 minutes to maintain flexibility and aid recovery.

Always walk at the recommended effort levels — don't push too hard. Fatigue builds up over time, so listen to your body and take extra rest when needed.

This plan is meant to provide guidance and structure, but it's flexible — feel free to adjust the schedule to fit your lifestyle. Use it as a roadmap to stay consistent and progress steadily toward your 10km walking goal.



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