

# Starter 10K Plan

Free one-page sample

A calm 10-week 10K build for runners who want their first proper block to feel clear, manageable, and genuinely sustainable. This sample shows the rhythm of the week, the flavour of the sessions, and the kind of runner the plan is written for.

<b>Distance:</b> 10K	<b>Level:</b> Starter	<b>Duration:</b> 10 weeks
<b>Weekly load:</b> 120–210 minutes across three to four runs per week		
<b>Longest run:</b> Up to 85 minutes		

## Who it is for

- Runners with a stable base who can already manage three to four runs per week.
- Athletes preparing for a first serious 10K block and wanting more structure than vague completion plans provide.
- People who want 10K preparation to fit around real life rather than dominate the whole week.

## Typical week rhythm

<b>Monday / Friday</b>	Rest, walking, or short mobility so recovery stays part of the plan.
<b>Tuesday</b>	Primary support session: steady reps, short hills, or simple aerobic work.
<b>Thursday</b>	10K-support or steady running that teaches rhythm without forcing the week upward.
<b>Saturday</b>	Easy support run or optional rest when recovery needs more room.
<b>Sunday</b>	Longer aerobic run that builds patiently toward race-day durability.

## Three real sessions from the plan

<b>Week 1 Tue</b>	35 min, RPE 5	4 x 3 min steady with 90 sec easy jog between reps.
<b>Week 6 Thu</b>	40 min, RPE 5–6	Progression run finishing with 6 min at 10K effort.
<b>Week 9 Thu</b>	45 min, RPE 6	4 x 4 min at 10K effort with 2 min easy between.

## Inside the full PDF

- Full 10-week day-by-day schedule with duration, RPE, and notes for every session.
- RPE guide, glossary, longer-run progression, and practical session descriptions.
- Strength routines, fueling principles, taper guidance, and plan-adjustment notes.

**What this plan emphasizes:** Clarity, repeatability, patient aerobic growth, and enough recovery to arrive at race day trained rather than wrung out.

**Full plan:** Visit [the Starter 10K Plan page](#)