



RUN · BEGINNER

Beginner 10K



10-Week Beginner 10K Training Plan

Build the endurance to finish your first 10K comfortably.

EVENT

10K

LEVEL

Beginner

LENGTH

10 weeks

DAYS / WEEK

4



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 10 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	31 min
21 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	38 min
28 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BUILD

Mon	Tempo Run	34 min
14 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	Tempo Run	36 min
16 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	Tempo Run	27 min
17 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	35 min
25 min continuous · 5 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	Tempo Run	40 min
20 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	53 min
43 min continuous · 5 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	Tempo Run	42 min
22 min continuous · 10 min warm-up · 10 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	56 min
46 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

TAPER

Mon	Tempo Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	23 min
13 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	23 min
13 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

RACE WEEK

Mon	Recovery Run	20 min
20 min continuous		
Wed	Base Run with Strides	25 min
1 × 11 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	Recovery Run	20 min
20 min continuous		
Sun	Race Day: Run RACE	55 min
55 min continuous		