

Beginners Training



| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Sunday |
|--------|--|-----------|-----------------------------------|---|-----------|-------|-------------------|
| Week 1 | Warm Up 15 min + • Push Ups 10 x 2 • Squats 15 x 2 • Ankle Walk 20m x 2 | Walk 1 hr | Warm Up 20 min + Stretching | Warm Up 20 min + • Superman/ Hyperextension • Elbow Plank | Walk 1 hr | Rest | Walk Jog 5 km |
| Week 2 | Warm Up 15 min + • Push Ups 10 x 2 • Squats 15 x 2 • Ankle Walk 20m X 2 | Walk 1 hr | Warm Up 30 min + Stretching | Warm Up 20 min + • Superman/ Hyperextension • Elbow Plank | Walk 1 hr | Rest | Walk Jog 6 km |
| Week 3 | Warm Up 15 min + • Push Ups 10 x 2 • Squats 15 x 2 • Ankle Walk 20m x 2 | Walk 1 hr | Warm Up 40 min + Stretching | Warm Up 20 min + • Superman/ Hyperextension • Elbow Plank | Walk 1 hr | Rest | Walk Jog 8 km |
| Week 4 | Walk Jog 20 min Recovery + Stretching | Walk 1 hr | Warm Up 30 min + Stretching | Warm Up 20 min + Stretching | Walk 1 hr | Rest | Race Day 10 km |

**4 WEEK
PLAN**

10K run