10K BEGINNER

IMPORTANT TO WARM UP & COOL DOWN - HAVE A REST DAY BETWEEN RUN DAYS

12WK12	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
DAY1	Total Time: **32 Mins** Warm Up 5 minute **Brisk Walk** **Run** 10 Minutes **Walk** 2 Minutes **Run** 10 Minutes Cool Down 5 minute easy walk.	Total Time: **42 Mins** Warm Up 5 minute **Brisk Walk** **Run** 15 Minutes **Walk** 2 Minutes **Run** 15 Minutes Cool Down 5 minute easy walk.	Total Time: **49 Mins** Warm Up 5 minute **Brisk Walk** **Run** 18 Minutes **Walk** 3 Minutes **Run** 18 Minutes Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 30 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 30 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 30 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 35 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **50 Mins** Warm Up 5 minute **Brisk Walk** **Run** 40 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **45 Mins** Warm Up 5 minute **Brisk Walk** **Run** 35 Minutes Easy Run Cool Down 5 minute easy walk.
DAY2	Total Time: **32 Mins** Warm Up 5 minute **Brisk Walk** **Run** 10 Minutes **Walk** 2 Minutes **Run** 10 Minutes Cool Down 5 minute easy walk.	Total Time: **42 Mins** Warm Up 5 minute **Brisk Walk** **Run** 15 Minutes **Walk** 2 Minutes **Run** 15 Minutes Cool Down 5 minute easy walk.	Total Time: **49 Mins** Warm Up 5 minute **Brisk Walk** **Run** 18 Minutes **Walk** 3 Minutes **Run** 18 Minutes Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 30 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 30 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **45 Mins** Warm Up 5 minute **Brisk Walk** **Run** 35 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **50 Mins** Warm Up 5 minute **Brisk Walk** **Run** 40 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **50 Mins** Warm Up 5 minute **Brisk Walk** **Run** 40 Minutes None Stop Cool Down 5 minute easy walk.	Total Time: **40 Mins** Warm Up 5 minute **Brisk Walk** **Run** 30 Minutes Easy Run Cool Down 5 minute easy walk.
DAY3	Warm Up 5 minute **Brisk Walk** **Run** 3 Kilometers None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 3 Kilometers None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 4 Kilometers None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 5 Kilometers None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 40 Minutes None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 6 Kilometers None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 45 Minutes None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 8 Kilometers None Stop Cool Down 5 minute easy walk.	Warm Up 5 minute **Brisk Walk** **Run** 10 Kilometers None Stop Cool Down 5 minute easy walk.