

Mocki's training plan for you as a beginner

Goal: To achieve the 10 kilometers in twelve weeks.

Requirement: You must already be able to run for 30 minutes without taking a break.

Week	Monday	Wednesday	Friday
1	3 x 2 km ER1 (Break: 5 min walking)	40 min alternative training	5 km ER1
2	3 x 2 km ER1 (Break: 4 min walking)	40 min alternative training	5 km ER1
3	2 x 3 km ER1 (Break: 5 min walking)	40 min alternative training	5 km ER1
4	2 x 3 km ER2 (Break: 5 min walking)	40 min alternative training	6 km ER1
5	2 x 3 km ER2 (Break: 4 min walking)	40 min alternative training	6 km ER1
6	6 km ER1	40 min alternative training	6 km ER1
7	2 x 4 km ER2 (Break: 4 min walking; 4 min ER1)	40 min alternative training	6 km ER1
8	4 km ER2 + 5 min ER1 + 4 km ER2	5 km ER1	6 km ER1
9	6 km ER2	45 min alternative training	7 km ER1
10	6 km ER2	6 km ER1	7 km ER1
11	1 km ER1 + 6 km ER2 + 1 km ER1	45 min alternative training	8 km ER1
12	45 min alternative training	6 km ER1	/
Week 12			Sunday: 10 kilometer run

ER = Endurance Run

ER1 = 70 to 80 percent of maximum heart rate

ER2 = 80 to 85 percent of maximum heart rate

ER3 = even higher maximum heart rate