



## Narragansett Summer Running Festival - 2026 Beginner 10K Training Plan

	Day 1 (Tuesday)	Day 2 (Thursday)	Day 3 (Saturday)	Day 4 (Sunday)	Total Weekly Run Volume
Week 1 Build April 20	2.0	2.0	Walk 20 minutes	2.0	6.0
Week 2 Build April 27	2.0	2.5	Walk 25 minutes	2.5	7.0
Week 3 Build May 4	2.5	2.5	Walk 30 minutes	3.0	8.0
Week 4 Recovery May 11	2.0	2.0	Walk 20 minutes	2.0	6.0
Week 5 Build May 18	2.5	3.0	Walk 30 minutes	3.5	9.0
Week 6 Build May 25	3.0	3.0	Walk 30 minutes	4.0	10.0
Week 7 Build June 1	3.0	3.5	Walk 30 minutes	4.5	11.0
Week 8 Recovery June 8	2.5	2.5	Walk 30 minutes	3.0	8.0
Week 9 Peak June 15	3.5	4.0	Walk 30 minutes	5.0	12.5
Week 10 Peak June 22	4.0	4.5	Walk 30 minutes	5.5	14.0

	<b>Day 1 (Tuesday)</b>	<b>Day 2 (Thursday)</b>	<b>Day 3 (Saturday)</b>	<b>Day 4 (Sunday)</b>	<b>Total Weekly Run Volume</b>
Week 11 Taper June 29	2.5	2.5	Walk 20 minutes	4.0	9.0
Week 12 Taper/Race July 6	1.5	1.5	1.0	RACE - 10K	10.2

**Notes:**

*\*This plan is recommended for runners new to the 10K distance.*

*\*Begin each Run Session with a 5 minute walk, gradually increasing your pace.*

*\*Finish each Run Session with a 5 minute easy walk.*

*\*All runs should be done at Aerobic Z1 (rate of perceived exertion of 4-6 on a scale of 10) or comfortable conversation pace, and may be done as a continuous run or as run/walk intervals (see suggested format below).*

*\*Include two strength training days per week (Monday and Friday).*

*\*It is recommended that you stretch after each run.*

*\*Include one complete rest day per week (Wednesday).*

*\*Optional Run/Walk Progression Program (Weeks 1-8)*

*Week 1 - 1 minute run/1 minute walk*

*Week 2 - 2 minute run/1 minute walk*

*Week 3 - 3 minute run/1 minute walk*

*Week 4 - 3 minute run/1 minute walk*

*Week 5 - 4:00 minute run/1 minute walk*

*Week 6 - 4:15 minute run/45 second walk*

*Week 7 - 4:30 minute run/30 second walk*

*Week 8 - continuous run (or run/walk interval of your choice)*