10K BEGINNER TRAINING PLAN

ooredoo DOHA MARATHON

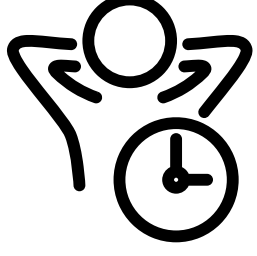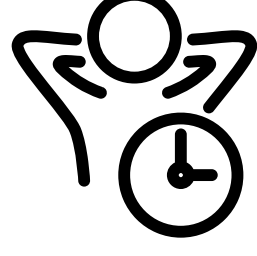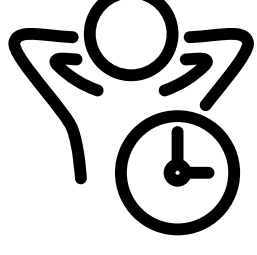| WEEK	1	2	3	4
Sunday	5 km Long Run	5 km Long Run	Rest	Rest
Monday	Rest	Rest	7 km easy run	Rest
Tuesday	3 km easy run	5 km easy run	2.5 km warm up, 24mins tempo run, 1.5 km recovery run	5 km easy run
Wednesday	Rest	Rest	Rest	Rest
Thursday	5 km recovery run	5 km recovery run	8 km recovery run	8 km recovery run
Friday	27mins Strength Training	Optional:30mins Cross Training (Stretching Mobility, Pilates, Yoga)	Rest	15mins warm up run, 40mins hill effort pace, 10mins cool down run
Saturday	Rest	Rest	11 km Long Run	28mins Strength Training

16 FEB 2024

10K BEGINNER TRAINING PLAN

ooredoo° DOHA MARATHON
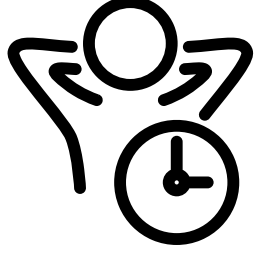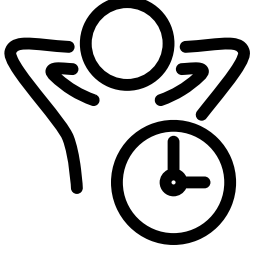
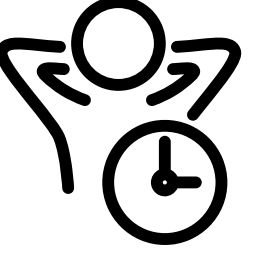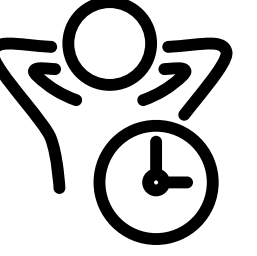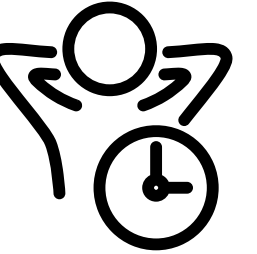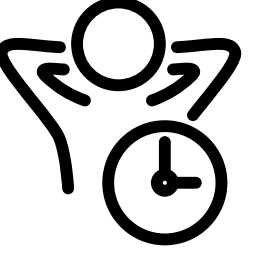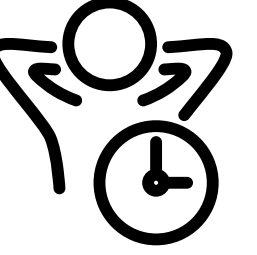| WEEK	5	6	7	8
Sunday	6.5 km Long Run	8 km Long Run	9.5 km Long Run	15mins easy pace run, 5kms long run moderate pace, 10mins cool down run
Monday	Rest	Rest	Rest	Rest
Tuesday	5 km easy run	3 km easy run	5 km easy run	5 km easy run
Wednesday	Rest	Rest	Rest	15mins easy pace run, 40mins 10k pace, 10mins cool down run
Thursday	15mins warm up run, 25mins interval session with 1 min recovery run, 10mins cool down run	40mins easy pace run, 10mins cool down run	15mins easy pace run, 30mins fartlek fast pace, 10mins cool down run	5.5 km recovery run
Friday	28mins Strength Training	Optional:35mins Strength Training	35mins Strength Training	Optional:27mins Strength Training
Saturday	Rest	Rest	Rest	Rest

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10K BEGINNER TRAINING PLAN

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DOHA MARATHON

WEEK	9	10	11	12
Sunday	9.5 km Long Run (Easy pace)	9.5 km Long Run (Easy pace)	11 km Steady Run (Easy pace)	Rest
Monday	Rest	Rest	Rest	Rest
Tuesday	6.5 km easy run	6.5 km easy run	6.5 km easy run	5 km easy run
Wednesday	Rest	Rest	Rest	Rest
Thursday	15mins easy pace run, 32mins fartlek run with 1min recovery run, 10mins cool down run	15mins easy pace run, 40mins jog, 10mins cool down run	15mins easy pace run, 6kms fartlek jog, 10mins cool down run	15mins easy pace run, 8kms fartlek jog, 10mins cool down run
Friday	Optional:27mins Strength Training	35mins Strength Training	35mins Strength Training	10k run
Saturday	Rest	Rest	Rest	Rest

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