



WEEK ONE

Set yourself a goal and hold yourself accountable. Whether finishing your first 5km or running a faster 10km, writing your goal down can contribute to your success. For example, the goal is to complete the 5km and I will run three times per week for 20-30 minutes to achieve this.

| WEEK 1 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|--------------------|-------------|-----------------------|--------------------|--------------------|--------------------|---------------------------|
| 5km | 20mins easy run | Rest | Rest / Cross train | 15mins easy run | Rest | 20mins easy run | Long walk up to 45mins |
| 10km beginner | 20mins easy run | Cross-train | 25mins easy run | Rest | Cross-train | 20mins easy run | Long run 5-6km |
| 10km advanced | 20mins easy run | Cross-train | 40mins easy run | 20mins easy run | 30mins easy run | Rest | Long run 8-9km |



WEEK TWO

Consistency is key. Long term success with running and any sport comes from the consistent application. Well done on getting through Week One. Don't beat yourself up if you missed a session. Life, like running, is about continuing to move forward.

| WEEK 2 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|--------------------|-------------|--------------------|----------------------|--------------------|--------------------|---------------------------|
| 5km | 20mins easy run | Rest | 20mins easy run | Rest/ Cross-train | Rest | 20mins easy run | Long walk up to 45mins |
| 10km beginner | 20mins easy run | Cross-train | 30mins easy run | Rest | Cross-train | 20mins easy run | Long run 6-7km |
| 10km advanced | 30mins easy run | Cross-train | 40mins easy run | Rest | 30mins easy run | 5km Park run | Long run 10-11km |



WEEK THREE

WEEK THREE COMPLETE

Ego check - aim for positive habits. Review your first two weeks. How fast are you running? - if tired, don't be afraid to slow the pace down. Don't try and beat your pace and distance every day, fitness comes from incremental increases. Do the little things right, take the first 5 mins of each run easily to warm up and stretch when you finish.

| WEEK 3 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------|-----------------|-------------|-------------------------------|-------------------|-----------------|---------|-----------------|
| 5km | 20mins easy run | Rest | 20mins easy run or 50min walk | Rest/ Cross-train | 20mins easy | Rest | 25mins long run |
| 10km beginner | 20mins easy run | Cross-train | 35mins easy run | Rest | 20mins easy | Rest | Long run 7km |
| 10km advanced | Rest | Intervals | 45mins easy run | Rest | 30mins easy run | Fartlek | Long run 12km |

Intervals: Following the warm-up. Run 4 x 5mins at 3-5sec per km faster than goal 10kmpace with 2mins easy jog or walk between reps.

Example: if your goal is 50mins(5mins per km) then 5 min efforts are around 4.55 - 5min/kmpace. (RPE 5-6)

Fartlek: Warm up and then complete 10 x 1min on / 1min jog or walk. Do 1min reps at around 5kmpace or slightly faster. Aim to be smooth and fast. (RPE 6-7)



WEEK FOUR

WEEK FOUR COMPLETE

Find your Why. Congratulations on making it to the halfway mark of the program. By now your body should be starting to adapt and feel fitter. What have you learned about yourself these first four weeks? Reflect on those lessons and the positives of regular exercise. How fast you run or how much exercise you do should not define you, but aim for it to be a part of your list.

| WEEK 4 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------|----------------------------|-------------|-----------------|----------------------|-----------------|--------------------------|-----------------|
| 5km | 20mins easy run | Rest | 20mins easy run | Rest/ Cross-train | 40-50mins walk | Rest | 30mins long run |
| 10km beginner | 20mins easy run | Cross-train | 40mins easy run | Rest | Rest | 5kmtime trial or Parkrun | 20mins easy run |
| 10km advanced | Rest or easy 15-20mins run | Intervals | 40mins easy run | Rest | 30mins easy run | Fartlek | Long run 10km |

5kmtime trial. Warm up and then run 5km at a hard but sustained pace. As a guide, start at RPE 5-6 and by around 3-4km this will feel like RPE 8-9. Your finishing time will provide an idea of what you may be able to run for 10km.

A basic formula is to multiply your 5kmtime x 2 and add 70-90sec. Example: 25min 5km x 2 = 50 mins. Add 90 sec = 51.30. This is your predicted 10km. This may drift from 90sec out to 2-3mins depending on your running history.

Intervals: Warm up. Run 3-4 x 2km at goal 10kmpace with 2mins easy jog between reps. (RPE 5-6)

Fartlek: Warm up. 8 x 2mins at around 5km pace with 60-90sec jog between reps. Aim to be smooth and fast. (RPE 6-7)



WEEK FIVE

Sleep and nutrition check. Now you are in a regular exercise routine, check in on other habits that make up healthy living. For example, are you getting consistent enough sleep and eating regular healthy meals? There is no magic bullet to a healthy lifestyle, just good consistent choices.

| WEEK 5 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|------------------------------|-------------|--------------------|----------------------|--------------------|-----------------|--------------------|
| 5km | 20mins easy run | Rest | 20mins easy run | Rest/ Cross-train | 40-50mins walk | Rest | 30mins long run |
| 10km beginner | 20mins easy run | Cross-train | Intervals | Rest | Cross-train | 40mins walk | Long run 7km |
| 10km advanced | Rest or easy 15-20min run | Intervals | 40mins easy run | Rest | 30mins easy run | 5km Park run | Long run 13km |

Intervals: 10kmbeginner: Run 3-4x 5mins mins at goal 10km pace with 2mins walk between reps. (RPE 6-7)

10kmadvanced: 4 x 6mins at goal 10km pace with 90 sec standing between reps, rest 3 mins after rep 4. 4 x 80m strides at 5km pace with 1 min rest between reps. (RPE 6-7)



WEEK SIX

WEEK SIX COMPLETE

Mindfulness and gratitude. Take time each week to take a break from your busy lifestyles and focus on you. Read, meditate, try some deep breathing exercises, or simply find a quiet place to reflect on what is good about your life and what you are grateful for.

| WEEK 6 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------|---------------------------|-------------|---------------------------------------|----------------------|-----------------|-------------|-----------------|
| 5km | 25mins easy run | Rest | 30mins easy run | Rest/ Cross-train | 40-50min walk | Rest | 35mins long run |
| 10km beginner | 25mins easy run | Cross-train | 40mins easy run + 4 x 80m strides* | Rest | 30mins easy | 40mins walk | Long run 9km |
| 10km advanced | Rest or easy 15-20min run | Intervals | 45mins easy run | Rest | 30mins easy run | Fartlek | Long run 15km |

Intervals Run 3 x 2.5km at goal 10km pace with 2mins easy jog between reps. Finish with 4 x 80m strides at 3km pace with 60 sec between reps. (RPE 6-7)

Fartlek: 12-15x 1 min on / 1 min off. Aim for between 5 and 10km pace for the 1min on and easy jog for the off periods. Aim to be smooth and fast. (RPE 8)

* 4 x 80m strides at the end of the 40min easy run. The aim of strides is to run fast and smoothly. These give you the 'spring' in your legs to run fast but without the stress of a more strenuous session.



WEEK SEVEN

SMART goals. Take the time to again reflect on where you have come from and start to think about what is next. Setting goals that are Specific, Measurable, Attainable (yet challenging), Realistic, and Time-based can ensure you stay on track. This process works for all aspects of life.

| WEEK 7 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------------|-------------------------------|-------------|--------------------|-----------------------|--------------------|----------------|--------------------|
| 5km | 25mins easy run | Rest | 25mins easy run | Rest / Cross train | 40–50min walk | Rest | 30mins long run |
| 10km beginner | 25mins easy run | Cross-train | Fartlek | Rest | 30mins easy | 40mins walk | Long run 8 km |
| 10km advanced | Rest or easy 15–20mins run | Intervals | 45mins easy run | Rest | 30mins easy run | Fartlek | Long run 11km |

Intervals: Run 6 x 1km 3–5sec per km faster than 10km pace with 2mins easy jog between reps. (RPE 7–8)

Fartlek: Mona fartlek (named after Steve Moneghetti). 2 x 90 sec, 4 x 60 sec, 4 x 30 sec, 4 x 15 sec all with 1:1 jog recovery between reps. For example. Run 90 sec, jog 90 sec x 2, then run 60 sec, jog 60 sec x 4. (RPE 8) Your aim should be to start the 90–secefforts around 10km pace and get faster as the reps get shorter.



WEEK EIGHT

Race/Event Week - self-appreciation week. Well done, you have made it to the start line. Even if your plan has been just to finish, have a plan - start conservatively, aim to get to halfway feeling comfortably fatigued, and then build, aiming to finish strong. As you come over the finish line, enjoy the atmosphere and celebrate achieving a goal. If you are aiming for a time, don't go out too fast - build into the event and aim to finish strong.

| WEEK 8 | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------------|----------------------------|-----------------|--------------------|-----------------|------------------------------------|----------------------------|------------------|
| 5km | Rest | 20mins easy run | Rest / Crosstrain | 20mins easy run | Rest / Crosstrain | Rest | 5km Run Army |
| 10km beginner | Rest | Fartlek | 25-30mins easy run | Rest | 20mins easy run | Rest | 10km Run Army |
| 10km advanced | Rest or easy 15-20mins run | Intervals | 35mins easy run | Rest | 30mins easy run + 4 x 100m strides | Rest or easy 10-15mins run | 10km Run Army |

Fartlek: 8-10x1min at goal race pace with 2 mins easy jog or walk between reps. Smooth and controlled. You should finish this session feeling like you could do several more reps and be close to fully recovering between each rep. (RPE 7-8) Volume and intensity are reduced this week.

Intervals: Run 3 x 1km 3-5sec per km faster than 10kmpace with 90 sec standing between reps (RPE 6-7). Rest 3 mins after rep 3 and then do 4 x 200m at a smooth, fast and relaxed pace with 90 sec standing between reps.