



Five Week Beginner 10km Program

WEEK ONE – September 28

Day	Set AM	Set PM
Mon	OFF	20mins easy swim/row/ride/power walk
Tue	Run Set- 30mins: 30min easy jog no stopping	OFF
Wed	OFF	OFF
Thur	OFF	Run Set- 30mins: 5mins easy jog + 20mins steady run at 75-80% + 5mins easy jog
Fri	OFF	OFF
Sat	Run Set- 8km 2km easy jog + 5km hard run at 80-85% + 1km easy power walk	OFF
Sun	Run Set- 60mins 15min power walk + 30mins steady run at 75-80% + 10mins easy jog + 5mins power walk	OFF

WEEK TWO – October 5

Day	Set AM	Set PM
Mon	OFF	30mins easy swim/row/ride/power walk
Tue	Run Set- 30mins: 30min easy jog no stopping	OFF
Wed	OFF	20mins easy swim/row/ride/power walk
Thur	OFF	Run Set- 30mins: 5mins easy jog + 20mins steady run at 75-80% + 5mins easy jog
Fri	OFF	OFF
Sat	Run Set- 8km 2km easy jog + 5km hard run at 80-85% +	OFF

	1km easy power walk	
Sun	Run Set- 60mins 15min power walk + 30mins steady run at 75-80% + 10mins easy jog + 5mins power walk	OFF

WEEK THREE – October 12		
Day	Set AM	Set PM
Mon	OFF	30mins easy swim/row/ride/power walk
Tue	Run Set- 45mins: 45min easy jog no stopping	OFF
Wed	20mins easy swim/row/ride/power walk	OFF
Thur	OFF	Run Set- 40mins: 5mins easy jog + 30mins steady run at 75-80% + 5mins easy jog
Fri	OFF	OFF
Sat	Run Set- 10km 2km easy jog + 7 sets of 600m hard run at 80-85% then 400m easy jog 1km easy power walk	OFF
Sun	Run Set- 50mins 20min easy jog + 10min power walk + 20min easy jog	OFF

WEEK FOUR – October 19		
Day	Set AM	Set PM
Mon	OFF	30mins easy swim/row/ride/power walk
Tue	Run Set- 50mins: 50min easy jog no stopping	OFF
Wed	30mins easy swim/row/ride/power walk	OFF
Thur	OFF	Run Set- 60mins: 20mins easy jog + 30mins steady run at 75-80% + 10mins easy jog
Fri	OFF	OFF
Sat	Run Set- 12km 2km easy jog + 6 sets of 1km hard run at 80-85% + 500m easy jog 1km easy power walk	OFF
Sun	Run Set- 60mins 10min easy jog + 8 sets of 3mins hard at 85-90% + 2mins easy jog + 10mins easy jog	OFF

WEEK FIVE – October 26

Day	Set AM	Set PM
Mon	OFF	30mins easy swim/row/ride/power walk
Tue	Run Set- 14km: 2km easy jog + 10km hard run @ 80-85% hold pace for the whole 10km + 2km easy jog	OFF
Wed	OFF	30mins easy swim/row/ride/power walk
Thur	OFF	Run Set- 45mins: 45min easy jog
Fri	OFF	OFF
Sat	Race Prep Run Set- 30mins: 10min easy jog + 10 sets of 30sec accelerating speed + 30sec easy jog 10min easy jog	OFF
Sun	Lara Fun Run- 10km Warm up with a 15min easy jog and include 5 short sprints (50m) accelerating speed with jog back recovery Cool down with a 5min easy jog/walk	OFF