

Lara Fun Run

Beginner 10km Program



By GPC Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20mins easy jog	30mins Easy Cross Training: swim, cycle, row or power walk	Day Off	30min Run/Walk Set: 5min easy jog + 5min power walk	30mins Easy Cross Training: swim, cycle, row or power walk	Day Off	40min Run/Walk Set: 15min easy jog + 5min power walk
Week 2	30mins Easy Cross Training: swim, cycle, row or power walk	30mins easy jog on trail if possible	Day Off	30min Pace Set: 5mins easy + 20mins as 1min steady pace + 1min easy pace + 5mins easy	30mins Easy Cross Training: swim, cycle, row or power walk	Day Off	30mins easy jog on trail if possible & incl. some hills
Week 3	45mins Easy Cross Training: swim, cycle, row or power walk	40mins easy jog on trail if possible	30min Pace Set: 5mins easy + 20mins as 2min hard pace + 1min easy pace + 5mins easy	Day Off	40mins easy jog on trail if possible	45mins Easy Cross Training: swim, cycle, row or power walk	6km Pace Set: 2km easy jog + 2km hard pace + 2km easy jog
Week 4	30min easy jog on hilly trail if possible	Day Off	45mins Easy Cross Training: swim, cycle, row or power walk	50mins easy jog on trail if possible	Day Off	5km Parkrun or Time Trial: Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts. Cool Down is 5mins easy jog	30mins Easy Cross Training: swim, cycle, row or power walk
Week 5	Day Off	45min Hill Reps Set: 60min easy jog incl. 8 sets of 200 hill or stair reps + recovery down the hill	8km Pace Set: 2km easy jog + 5km steady pace + 1km easy jog	Day Off	5km Pace Set: Warm Up is 2km easy jog. 2km as 30sec max + 90sec easy. Cool Down is 1km easy jog	60mins Easy Cross Training: swim, cycle, row or power walk	10km easy jog on hilly path on trail if possible
Week 6	30mins Easy Cross Training: swim, cycle, row or power walk	10km Pace Set: 2km easy jog + 7km steady pace + 1km easy jog	Day Off	30min easy jog on trail if possible	Day Off	Race Prep: 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery	Race Day: Warm Up is 10-15mins easy jog with 5 10sec accelerating efforts.