



### WEEK 1 (27 FEB – 05 MAR)

**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 20-30mins to achieve this.

WEEK 1	<sup>27</sup> MON	<sup>28</sup> TUES	<sup>1</sup> WED	<sup>2</sup> THURS	<sup>3</sup> FRI	<sup>4</sup> SAT	<sup>5</sup> SUN
<b>5km</b>	20mins easy run	Rest	Rest / Cross train	15mins easy run	Rest	20mins easy run	Long walk up to 45mins
<b>10km beginner</b>	20mins easy run	Cross-train	25mins easy run	Rest	Cross-train	20mins easy run	Long run 5-6km
<b>10km advanced</b>	20mins easy run	Cross-train	40mins easy run	20mins easy run	30mins easy run	Rest	Long run 8-9km



## WEEK 2 (6 – 12 MAR)

**Consistency is key.** Longer-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 1	<sup>6</sup> MON	<sup>7</sup> TUES	<sup>8</sup> WED	<sup>9</sup> THURS	<sup>10</sup> FRI	<sup>11</sup> SAT	<sup>12</sup> SUN
<b>5km</b>	20mins easy run	Rest	20mins easy run	Rest/ Cross-train	Rest	20mins easy run	Long walk up to 45mins
<b>10km beginner</b>	20mins easy run	Cross-train	30mins easy run	Rest	Cross-train	20mins easy run	Long run 6-7km
<b>10km advanced</b>	30mins easy run	Cross-train	40mins easy run	Rest	30mins easy run	5km Parkrun	Long run 10-11km



**WEEK 3 (13 - 19 MAR)**

**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 5mins of each run easily to warm up and stretch when you finish.

WEEK 1	<sup>13</sup> MON	<sup>14</sup> TUES	<sup>15</sup> WED	<sup>16</sup> THURS	<sup>17</sup> FRI	<sup>18</sup> SAT	<sup>19</sup> SUN
<b>5km</b>	20mins easy run	Rest	20mins easy run or 50min walk	Rest/ Cross-train	20mins easy	Rest	25mins long run
<b>10km beginner</b>	20mins easy run	Cross-train	35mins easy run	Rest	20mins easy	Rest	Long run 7km
<b>10km advanced</b>	Rest	Intervals	45mins easy run	Rest	30mins easy run	Fartlek	Long run 12km

**Intervals:** Following the warm-up. Run 4 x 5mins at 3-5 sec per km faster than goal 10km pace 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/km pace. (RPE 5-6)

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



## WEEK 4 (20 - 26 MAR)

**WEEK 4 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 your exercise should not define you but aim for it to be a part of your life. The dedication required to exercise consistently transfers into everyday life and work habits.

WEEK 1	20 MON	21 TUES	22 WED	23 THURS	24 FRI	25 SAT	26 SUN
<b>5km</b>	20mins easy run	Rest	20mins easy run	Rest/ Cross-train	40-50mins walk	Rest	30mins long run
<b>10km beginner</b>	20mins easy run	Cross-train	40mins easy run	Rest	Rest	5km time trial or Parkrun	20mins easy run
<b>10km advanced</b>	Rest or easy 15-20mins run	Intervals	40mins easy run	Rest	30mins easy run	Fartlek	Long run 10km

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

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

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



**WEEK 5 (27 MAR – 2 APR)**

**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 enough sleep and eating regular healthy meals? There is no magic bullet to a healthy lifestyle, just good consistent choices.

WEEK 1	<sup>27</sup> MON	<sup>28</sup> TUES	<sup>29</sup> WED	<sup>30</sup> THURS	<sup>31</sup> FRI	<sup>1</sup> SAT	<sup>2</sup> SUN
<b>5km</b>	20mins easy run	Rest	20mins easy run	Rest/ Cross-train	40-50mins walk	Rest	30mins long run
<b>10km beginner</b>	20mins easy run	Cross-train	Intervals	Rest	Cross-train	40mins walk	Long run 7km
<b>10km advanced</b>	Rest or easy 15-20min run	Intervals	40mins easy run	Rest	30mins easy run	5km Parkrun	Long run 13km

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

10km advanced: 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 6 (3 - 9 APR)

**WEEK 6 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 of what is good about your life and what your are grateful for.

WEEK 1	<sup>3</sup> MON	<sup>4</sup> TUES	<sup>5</sup> WED	<sup>6</sup> THURS	<sup>7</sup> FRI	<sup>8</sup> SAT	<sup>9</sup> SUN
<b>5km</b>	25mins easy run	Rest	30mins easy run	Rest/ Cross-train	40-50min walk	Rest	35mins long run
<b>10km beginner</b>	25mins easy run	Cross-train	40mins easy run + 4 x 80m strides*	Rest	30mins easy	40mins walk	Long run 9km
<b>10km advanced</b>	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:** 12-15 x 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 80 m 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 7 (10 - 16 APR)**

**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 1	<sup>10</sup> MON	<sup>11</sup> TUES	<sup>12</sup> WED	<sup>13</sup> THURS	<sup>14</sup> FRI	<sup>15</sup> SAT	<sup>16</sup> SUN
<b>5km</b>	25mins easy run	Rest	25mins easy run	Rest / Cross train	40-50minwalk	Rest	30mins long run
<b>10km beginner</b>	25mins easy run	Cross-train	Fartlek	Rest	30mins easy	40mins walk	Long run 8 km
<b>10km advanced</b>	Rest or easy 15-20mins run	Intervals	45mins easy run	Rest	30mins easy run	Fartlek	Long run 11km

**Intervals:** Run 6 x 1km 3-5 sec 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-sec efforts around 10km pace and get faster as the reps get shorter.



## WEEK 8 (17 - 23 APR)

**WEEK 8 COMPLETE**

**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 1	17 MON	18 TUES	19 WED	20 THURS	21 FRI	22 SAT	23 SUN
<b>5km</b>	Rest	20mins easy run	Rest / Cross train	20mins easy run	Rest / Cross train	Rest	5km Run Army
<b>10km beginner</b>	Rest	Fartlek	25-30mins easy run	Rest	20mins easy run	Rest	10km Run Army
<b>10km advanced</b>	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:** 8-10 x 1min 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 3-5 sec per km faster than 10km pace 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.