

Intro to running

This 10-week program is carefully designed to take someone from "I'm new to running" or "I haven't ran since high-school!" to running a 10-kilometer distance continuously. You will notice the training volume is based in time to accommodate different ability levels and progression.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total (min)
01	OFF	OFF	(4:1) X 4 = 20	OFF	(3:1) X 4 = 16	OFF	(4:1) X 5 = 25	61
02	OFF	OFF	(5:1) X 4 = 24	OFF	(4:1) X 3 = 16	OFF	(5:1) X 5 = 30	70
03	OFF	OFF	(5:1) X 4 = 24	OFF	(4:1) X 3 = 16	OFF	(7:1) X 5 = 40	80
04	OFF	OFF	(5:1) X 4 = 24	OFF	(4:1) X 3 = 16	OFF	(6:1) X 5 = 42	82
05	OFF	OFF	(5:1) X 5 = 30	OFF	(4:1) X 3 = 16	OFF	(7:1) X 6 = 48	94
06	OFF	OFF	(5:1) X 5 = 30	OFF	(4:1) X 4 = 20	OFF	(9:1) X 5 = 50	100
07	OFF	OFF	(5:1) X 5 = 30	OFF	(4:1) X 5 = 25	OFF	(9:1) X 5 = 50	105
08	OFF	OFF	(5:1) X 4 = 24	OFF	Run 15 min	OFF	(9:1) X 6 = 60	99
09	3K	OFF	Run 25 min	OFF	Run 15 min	OFF	Run 50 min	90
10	3K	OFF	Run 15 min	OFF	Run 15 min	OFF	Run 60 min	90

Run : Walk ratios

(i.e. (4:1) x 4 = 20 means run for 4 minutes, walk for 1 minute and repeat four times for a total of 20 minutes.