



"Only those who will risk going too far can possibly find out how far one can go."
-T. S. Eliot

ABOUT THE PROGRAMME

This is an 8 week programme that follows on from our Beginner 5km programme. The programme is designed to help you to complete your first 10km run. Before embarking on the programme you should be currently able to run at least 5km and should be healthy and injury free. You will need to be able to do 3 workouts per week.

Try to find a local 10km race that you can do at the end of the programme. It is lots of fun going the distance alongside fellow runners.

Each week has 3 workouts. These can be done on any day of the week. It is good to include some walking/hiking/strength training on the in between days while keeping one day as a complete feet up day.

PREREQUISITES

It is recommended that you visit a doctor for clearance to exercise before starting the programme. Especially if you:

- Have not exercised for 6 months or more
- Smoke
- Are overweight
- Have known or suspected high cholesterol
- Have a known heart condition or history of heart conditions in your family
- Suffer from high blood pressure
- Suffer from epilepsy
- Are pregnant
- Are on medication for a chronic condition

VICTORY TIPS

These tips will help you complete the training plan and GO THE DISTANCE:

- PLAN your workouts into your week. Your workouts should be part of your lifestyle, not an addition.
- Get a friend or family member to join you
- Learn to "Belly Breathe" (I have a great article explaining this on my blog)
- Buy comfortable workout gear and a good pair of running shoes
- Clean up your diet
- Enter a race

Week		Workout 1	Workout 2	Workout 3	Weekly Total (km)
1	Workout Type	Run	Run	Walk/Run	
	Distance	5km	4km	5km + 30 minutes	14
	Notes	Run at a pace at which you can finish 5km feeling you could run on a little extra. You still have lots of running to do!	Run at a comfortable pace. This run is a little shorter than 5km so use the extra energy to try go a little faster towards the end.	Run easy for 5km. Then do a brisk walk for up to 30 minutes straight afterwards. Congratulations, first week done!	
2	Workout Type	Run	Run	Run	
	Distance	6km	4km	7km	17
	Notes	You are on your way. Keep Running!	Upper body strength plays a big role in running. Try to do 10 minutes of bodyweight upper body exercises, especially for the abdominals after each workout.	Run at a comfortable pace. Start out easy. If you need to walk then try to keep the walk brisk and not longer than 1 minute.	
3	Workout Type	Run	Run	Run	
	Distance	3km	5km	4km	12
	Notes	All the runs this week are short to give your body some recovery. Resist the temptation to add extra.	5km should be feeling quite easy now. Why not time yourself and see if you can go faster next week.	Take it easy!	
4	Workout Type	Run	Run	Run	
	Distance	6km	5km	7km	18
	Notes	Change your running route regularly to prevent boredom.	Try beat last week's 5km time.	If you walked on this run two weeks ago, then aim to walk less (or not at all!) this week.	

5	Workout Type	Run	Run	Run	
	Duration	6km	5km	8km	19
	Notes	Halfway! Keep up the good work!	Hey, see if you can beat your time again.	Try running on soft dirt paths, your legs will thank you. Avoid cement and paved paths, they have not shock absorbance and your legs take a beating.	
6	Workout Type	Run	Run	Run	
	Duration	3km	5km	4km	12
	Notes	Another week of cutting back the distance. Use the opportunity to recharge for the home straight.	If you have not entered a 10km event yet then this is a good week to do so.	You should be feeling rested and strong.	
7	Workout Type	Run	Run	Run	
		7km	5km	8km	20
	Notes	Start of your longest training week. You got this.	Try beat your time.	Take it easy. Keep walk breaks to less than a minute.	
8	Workout Type	Run	Run	Run	
	Duration	6km	4km	10km	20
	Notes	Almost there!	Shorter run to rest up for the big day.	This is what you have been working for, Good Luck, enjoy every moment and remember to celebrate! RUN.LAUGH.LIVE!	

CONGRATULATIONS!

YOU WENT THE DISTANCE AND COMPLETED YOUR FIRST 10KM!

What next?

Why not sign up for a personalized training program to improve your time or run a half marathon