

Beginner Training Program

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 1	Mon, 8 Aug	Tue, 9 Aug	Wed, 10 Aug	Thu, 11 Aug	Fri, 12 Aug	Sat, 13 Aug	Sun, 14 Aug
August 2016	Rest Day	30 mins MA	Rest Day	20 mins MA	Rest Day	30 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 2	Mon, 15 Aug	Tue, 16 Aug	Wed, 17 Aug	Thu, 18 Aug	Fri, 19 Aug	Sat, 20 Aug	Sun, 21 Aug
August 2016	Rest Day	35 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 3	Mon, 22 Aug	Tue, 23 Aug	Wed, 24 Aug	Thu, 25 Aug	Fri, 26 Aug	Sat, 27 Aug	Sun, 28 Aug
August 2016	Rest Day	35 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 4	Mon, 29 Aug	Tue, 30 Aug	Wed, 31 Aug	Thu, 1 Sep	Fri, 2 Sep	Sat, 3 Sep	Sun, 4 Sep
Sept 2016	Rest Day	35 mins undulating MA	Rest Day	40 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 5	Mon, 5 Sep	Tue, 6 Sep	Wed, 7 Sep	Thu, 8 Sep	Fri, 9 Sep	Sat, 10 Sep	Sun, 11 Sep
Sept 2016	Walk - 45 mins OR Rest	35 mins MA	Rest Day	40 mins MA	Rest Day	50 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 6	Mon, 12 Sep	Tue, 13 Sep	Wed, 14 Sep	Thu, 15 Sep	Fri, 16 Sep	Sat, 17 Sep	Sun, 18 Sep
Sept 2016	Rest Day	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	40 mins LA	Rest Day
Actual Dist/Time Conditions							
Week 7	Mon, 19 Sep	Tue, 20 Sep	Wed, 21 Sep	Thu, 22 Sep	Fri, 23 Sep	Sat, 24 Sep	Sun, 25 Sep
Sept 2016	Walk - 45 mins OR Rest	35 mins undulating MA	Rest Day	40 mins MA	Rest Day	60 mins LA (run/walk)	Rest Day
Actual Dist/Time Conditions							

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 8	Mon, 26 Sep	Tue, 27 Sep	Wed, 28 Sep	Thu, 29 Sep	Fri, 30 Sep	Sat, 1 Oct	Sun, 2 Oct
Sept 2016	Rest Day	45 mins undulating LA	Rest Day	40 mins MA	Rest Day	5km (this will give you an idea of your pace for the 10km - run on similar terrain to Queenstown Marathon if possible)	Rest Day
Actual Dist/Time Conditions							
Week 9	Mon, 3 Oct	Tue, 4 Oct	Wed, 5 Oct	Thu, 6 Oct	Fri, 7 Oct	Sat, 8 Oct	Sun, 9 Oct
October 2016	Walk - 45 mins OR Rest	40 mins undulating MA	Rest Day	10 mins LA, 20 mins RP, 10 mins LA	Rest Day	60 mins (run/walk) LA - off road if possible	Rest Day
Actual Dist/Time Conditions							
Week 10	Mon, 10 Oct	Tue, 11 Oct	Wed, 12 Oct	Thu, 13 Oct	Fri, 14 Oct	Sat, 15 Oct	Sun, 16 Oct
October 2016	Rest Day	45 mins undulating LA	Rest Day	40 mins MA	Rest Day	60 mins LA - off road if possible	1 hour walk - off road if possible
Actual Dist/Time Conditions							
Week 11	Mon, 17 Oct	Tue, 18 Oct	Wed, 19 Oct	Thu, 20 Oct	Fri, 21 Oct	Sat, 22 Oct	Sun, 23 Oct
October 2016	Walk - 45 mins OR Rest	40 mins undulating LA	Rest Day	40 mins MA	Rest Day	70 mins (run/walk) LA	Rest Day
Actual Dist/Time Conditions							
Week 12	Mon, 24 Oct	Tue, 25 Oct	Wed, 26 Oct	Thu, 27 Oct	Fri, 28 Oct	Sat, 29 Oct	Sun, 30 Oct
October 2016	Rest Day	45 mins undulating LA	Rest Day	10 mins LA, 2 x 5 mins UA (with 5 mins LA in between), 10 mins LA	Rest Day	60 mins LA - off road if possible	Rest Day
Actual Dist/Time Conditions							
Week 13	Mon, 31 Oct	Tue, 1 Nov	Wed, 2 Nov	Thu, 3 Nov	Fri, 4 Nov	Sat, 5 Nov	Sun, 6 Nov
November 2016	Rest Day	40 mins MA	Rest Day	10 mins LA, 20 mins RP, 10 mins LA	Rest Day	80 mins (run/walk) LA	Rest Day
Actual Dist/Time Conditions							
Week 14	Mon, 7 Nov	Tue, 8 Nov	Wed, 9 Nov	Thu, 10 Nov	Fri, 11 Nov	Sat, 12 Nov	Sun, 13 Nov
November 2016	Rest Day	40 mins MA	Rest Day	10 mins LA, 2 x 5 mins UA (with 5 mins LA in between), 10 mins LA	Rest Day	60 mins LA - off road if possible	Rest Day
Actual Dist/Time Conditions							
Week 15	Mon, 14 Nov	Tue, 15 Nov	Wed, 16 Nov	Thu, 17 Nov	Fri, 18 Nov	Sat, 19 Nov	Sun, 20 Nov
November 2016	30 mins RP	Rest Day	30 mins LA	Rest Day	20 mins LA or Rest	Queenstown International Marathon 10km	Rest Day
Actual Dist/Time Conditions							

Training Tips

15 Week Beginner 10km Training Program

The 10km course is mainly flat and held on hard-packed trails and roads, so try and emulate this in your training as much as you can. This training program is based on 'time on feet' and your running should always be at a comfortable level where you can hold a conversation.

This program is aimed at a beginner runner who is currently able to run for 30 minutes or 5km non-stop and is aiming to complete their first 10km. Running three times a week will give you enough 'base' to get to that finish line, but we also recommend adding in either a 4th easy run, or a cross training session for extra cardio. If you add in a session of strength training and yoga or pilates then this will fully compliment your training and help prevent any injuries.

Make sure you listen to your body and stop if you're experiencing pain or niggles, also don't be afraid to take a rest day if you're feeling too tired. Make sure you back up your training with good nutrition and get plenty of sleep and then you'll get the best results from your hard work.

The following training zones are used in the program:

- LA = Lower Aerobic - easy paced running, can talk comfortably and you finish feeling great.
- MA = Mid Aerobic - comfortable running pace, can talk comfortably but breathing has increased.
- UA = Upper Aerobic - comfortably hard running pace, should be a bit breathless.
- RP = Race Paced running (your proposed pace on race day)

Use the first 5-10 minutes of each run as a 'warm up', so go easy to gradually increase your heart rate and get that blood pumping to the muscles where it's needed. Make sure you finish each session with a few minutes of foam rolling and then follow that with some static stretches (30-40 seconds each) for quads, hamstrings, calves, ITB and glutes.

The training program is a 'guideline' only and you must always train within your own capabilities.