



10km



Beginner Training Program

Key: LA = Lower Aerobic (should feel easy), MA = Mid Aerobic Run (should be able to hold a conversation and feel comfortable), RP = Proposed race day paced running.
 UA = Upper Aerobic (comfortably hard running) Walk/Run = Walk 1min/ Run 6min or/ Walk 1min, Run 15mins

	Rest Day or XT	Run	Rest Day	Run	Rest Day	Long Run	Rest Day
Week 1	Mon, 7 Aug	Tue, 8 Aug	Wed, 9 Aug	Thu, 10 Aug	Fri, 11 Aug	Sat, 12 Aug	Sun, 13 Aug
	Rest Day	30 mins MA	Rest Day	20 mins MA	Rest Day	30 mins LA	Rest Day
<i>Results</i>							
Week 2	Mon, 14 Aug	Tue, 15 Aug	Wed, 16 Aug	Thu, 17 Aug	Fri, 18 Aug	Sat, 19 Aug	Sun, 20 Aug
	Rest Day	35 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
<i>Results</i>							
Week 3	Mon, 21 Aug	Tue, 22 Aug	Wed, 23 Aug	Thu, 24 Aug	Fri, 25 Aug	Sat, 26 Aug	Sun, 27 Aug
	Rest Day	35 mins MA	Rest Day	30 mins MA	Rest Day	40 mins LA	Rest Day
<i>Results</i>							
Week 4	Mon, 28 Aug	Tue, 29 Aug	Wed, 30 Aug	Thu, 31 Aug	Fri, 1 Sep	Sat, 2 Sep	Sun, 3 Sep
	Rest Day	35 mins undulating MA	Rest Day	40 mins MA	Rest Day	40 mins LA	Rest Day
<i>Results</i>							
Week 5	Mon, 4 Sep	Tue, 5 Sep	Wed, 6 Sep	Thu, 7 Sep	Fri, 8 Sep	Sat, 9 Sep	Sun, 10 Sep
	Walk - 45 mins OR Rest	35 mins MA	Rest Day	40 mins MA	Rest Day	50 mins LA	Rest Day
<i>Results</i>							
Week 6	Mon, 11 Sep	Tue, 12 Sep	Wed, 13 Sep	Thu, 14 Sep	Fri, 15 Sep	Sat, 16 Sep	Sun, 17 Sep
	Rest Day	40 mins undulating MA	Rest Day	40 mins MA	Rest Day	40 mins LA	Rest Day
<i>Results</i>							
Week 7	Mon, 18 Sep	Tue, 19 Sep	Wed, 20 Sep	Thu, 21 Sep	Fri, 22 Sep	Sat, 23 Sep	Sun, 24 Sep
	Walk - 45 mins OR Rest	35 mins undulating MA	Rest Day	40 mins MA	Rest Day	60 mins LA (run/walk)	Rest Day
<i>Results</i>							
Week 8	Mon, 25 Sep	Tue, 26 Sep	Wed, 27 Sep	Thu, 28 Sep	Fri, 29 Sep	Sat, 30 Sep	Sun, 1 Oct
	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 poss)	Rest Day
<i>Results</i>							
Week 9	Mon, 2 Oct	Tue, 3 Oct	Wed, 4 Oct	Thu, 5 Oct	Fri, 6 Oct	Sat, 7 Oct	Sun, 8 Oct
	Walk - 45 mins OR Rest	40 mins undulating MA	Rest Day	10 mins LA, 20 mins RP, 10 mins LA	Rest Day	60 mins LA - off road if poss (run/walk)	Rest Day
<i>Results</i>							
Week 10	Mon, 9 Oct	Tue, 10 Oct	Wed, 11 Oct	Thu, 12 Oct	Fri, 13 Oct	Sat, 14 Oct	Sun, 15 Oct
	Rest Day	45 mins undulating LA	Rest Day	40 mins MA	Rest Day	60 mins LA - off road if poss	1 hour walk - off road if poss
<i>Results</i>							
Week 11	Mon, 16 Oct	Tue, 17 Oct	Wed, 18 Oct	Thu, 19 Oct	Fri, 20 Oct	Sat, 21 Oct	Sun, 22 Oct
	Walk - 45 mins OR Rest	40 mins undulating LA	Rest Day	40 mins MA	Rest Day	70 mins (run/walk) LA	Rest Day
<i>Results</i>							
Week 12	Mon, 23 Oct	Tue, 24 Oct	Wed, 25 Oct	Thu, 26 Oct	Fri, 27 Oct	Sat, 28 Oct	Sun, 29 Oct
	Rest Day	45 mins undulating LA	Rest Day	10 mins LA, 2 x 5 mins UA (with 5 mins LA inbetween), 10 mins LA	Rest Day	60 mins LA - off road if poss	Rest Day
<i>Results</i>							
Week 13	Mon, 30 Oct	Tue, 31 Oct	Wed, 1 Nov	Thu, 2 Nov	Fri, 3 Nov	Sat, 4 Nov	Sun, 5 Nov
	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
<i>Results</i>							
Week 14	Mon, 6 Nov	Tue, 7 Nov	Wed, 8 Nov	Thu, 9 Nov	Fri, 10 Nov	Sat, 11 Nov	Sun, 12 Nov
	Rest Day	40 mins MA	Rest Day	10 mins LA, 2 x 5 mins UA (with 5 mins LA inbetween), 10 mins LA	Rest Day	60 mins LA - off road if poss	Rest Day
<i>Results</i>							
Week 15	Mon, 13 Nov	Tue, 14 Nov	Wed, 15 Nov	Thu, 16 Nov	Fri, 17 Nov	Sat, 18 Nov	Sun, 19 Nov
	30 mins RP	Rest Day	30 mins LA	Rest Day	20 mins LA or Rest	RACE DAY	Rest Day
<i>Results</i>							