RUN 2 CURE NEUROBLASTOMA

RUN A DISTANCE TO MAKE A DIFFERENCE

10K BEGINNER PROGRAM

This program is designed for someone who can already run 5K but is ready to step it up to a 10K. You should be comfortable with the 1st week of training prior to starting. 10 weeks long, 3 runs per week. You can be flexible regarding what days work best for your schedule to complete work-outs.

RUNNING TERMINOLOGY

EASY RUN

Run relaxed and at a comfortable effort level. You should be able to have a conversation without feeling out of breath.

EFFORTS

Fast and slow paces. Alternating between eacy efforts and fast efforts within a continuous run.

TEMPO

A working pace that is comfortably uncomfortable. You can answer simple questions but not have a full conversation.

HILLS

A hard effort, but on a hill. The easy jog down is your recovery time.

LONG RUN

Long runs will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation.
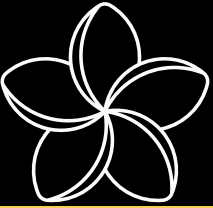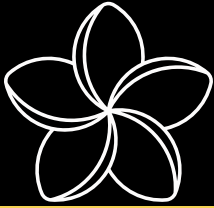
X-TRAIN & STRENGTH

Cycling, swimming, strength sessions at home or in a gym, pilates, etc. Stay strong for running and enjoy the variety.

10K PROGRAM - BEGINNER

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10	5K easy run	Rest	5K run including: 6x30sec effort (30sec jog)	Strength	Rest	5K long run	Rest OR x-train
9	5.5K easy run	Rest	5.5K run including: 4x1min effort (1min jog)	Strength	Rest	6K long run	Rest OR x-train
8	6K easy run	Rest	5.5K run including: 5x1min hills (jog down recovery)	Strength	Rest	7K long run	Rest OR x-train
7	5K easy run	Rest	5K run including: 2.5K @ tempo	Strength	Rest	5.5K long run	Rest OR x-train
6	6.5K easy run	Rest	6K run including: 4x90sec effort (1min jog)	Strength	Rest	7K long run	Rest OR x-train
5	7K easy run	Rest	6.5K easy run	Strength	Rest	Long run work-out 3K easy + 5K tempo OR parkrun	Rest OR x-train
4	7.5K easy run	Rest	7K run including: 4x2min effort (1min jog)	Strength	Rest	8K long run	Rest OR x-train
3	8K easy run	Rest	7K run including: 8x1min hills (jog down recovery)	Strength	Rest	9K long run	Rest OR x-train
2	6.5K easy run	Rest	6K run including: 3K @ tempo	Strength	Rest	7K long run	Rest
1	35min easy run	Rest	30min easy run	30min walk	Rest	Rest	Run2Cure

Jody Mullen - Accredited Athletics Coach, Athletics Australia

EXAMPLE

Here's an example of how to manage your weekly sessions.

- WEEK 6 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	6.5K easy run	Rest	6K run including: 4x90sec effort (1min jog)	Strength	Rest	7K long run	Rest OR x-train

Warm-Up - Prior to any session, aim to be warmed up with walking and dynamic stretching.

Monday - Enjoy your easy runs. Find a running buddy to help keep you accountable. You should be able to hold a conversation while running.

Wednesday - Always include a solid 10-15 minutes of easy running prior to any interval work. Once your intervals are complete, run easy to complete the total distance.

i.e. Run 3K at warm-up effort, run 4 x 90sec fast effort with 1min easy jogs after each, then complete your session by running easily until you reach 6K of total running.