

# LEARN2RUN

## 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)
<b>01</b>	OFF	OFF	(4:1) X 4 = 20	OFF	(3:1) X 4 = 16	OFF	(4:1) X 5 = 25	<b>61</b>
<b>02</b>	OFF	OFF	(5:1) X 4 = 24	OFF	(4:1) X 3 = 16	OFF	(5:1) X 5 = 30	<b>70</b>
<b>03</b>	OFF	OFF	(5:1) X 4 = 24	OFF	(4:1) X 3 = 16	OFF	(7:1) X 5 = 40	<b>80</b>
<b>04</b>	OFF	OFF	(5:1) X 4 = 24	OFF	(4:1) X 3 = 16	OFF	(6:1) X 5 = 42	<b>82</b>
<b>05</b>	OFF	OFF	(5:1) X 5 = 30	OFF	(4:1) X 3 = 16	OFF	(7:1) X 6 = 48	<b>94</b>
<b>06</b>	OFF	OFF	(5:1) X 5 = 30	OFF	(4:1) X 4 = 20	OFF	(9:1) X 5 = 50	<b>100</b>
<b>07</b>	OFF	OFF	(5:1) X 5 = 30	OFF	(4:1) X 5 = 25	OFF	(9:1) X 5 = 50	<b>105</b>
<b>08</b>	OFF	OFF	(5:1) X 4 = 24	OFF	Run 15 min	OFF	(9:1) X 6 = 60	<b>99</b>
<b>09</b>	3K	OFF	Run 25 min	OFF	Run 15 min	OFF	Run 50 min	<b>90</b>
<b>10</b>	3K	OFF	Run 15 min	OFF	Run 15 min	OFF	Run 60 min	<b>90</b>

### 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.

# RUNFASTER

## 10k Training Program

If you have recently completed a 5-kilometer event, or our Learn2Run program, and are looking to complete a 10-k event in under 60 minutes – this is the program for you! The workouts are distance-based because we want the volume progression to be relative to the actual event.

WEEK	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total (min)
<b>01</b>	OFF	OFF	4K	OFF	3K	OFF	5K	<b>12K</b>
<b>02</b>	OFF	OFF	4K	OFF	4K	OFF	6K	<b>14K</b>
<b>03</b>	OFF	OFF	4K	OFF	OFF	5K	7K	<b>16K</b>
<b>04</b>	OFF	OFF	5K	OFF	3K	OFF	8K	<b>16K</b>
<b>05</b>	3K	OFF	5K	OFF	3K	OFF	6K	<b>17K</b>
<b>06</b>	3K	OFF	3 X HILLS	OFF	OFF	4K	9K	<b>21K</b>
<b>07</b>	OFF	OFF	4 X HILLS	OFF	4K	OFF	10K	<b>21K</b>
<b>08</b>	3K	OFF	5 X HILLS	OFF	3K	OFF	12K	<b>24K</b>
<b>09</b>	3K	OFF	6K	OFF	OFF	5K	7K	<b>21K</b>
<b>10</b>	OFF	OFF	5K	OFF	6K	OFF	10K	<b>21K</b>

