

# 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.