



ASRWC 10KM BEGINNERS TRAINING PROGRAM

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 |
|--------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---|--|
| DAY 1 | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY |
| DAY 2 | RUN 15MIN WALK 1-2MIN RUN 15MIN | RUN 18MIN WALK 1-3MIN RUN 18MIN | RUN 30MIN | RUN 30MIN | RUN 30MIN CONTINUOUS | RUN 30MIN CONTINUOUS | RUN 45MIN CONTINUOUS | RUN 30MIN CONTINUOUS |
| DAY 3 | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY |
| DAY 4 | RUN 15MIN WALK 1-2MIN RUN 15MIN | RUN 18MIN WALK 1-3MIN RUN 18MIN | RUN 30MIN | RUN 30MIN CONTINUOUS | RUN 40MIN CONTINUOUS | RUN 40MIN CONTINUOUS | RUN 45MIN CONTINUOUS | RUN 20MIN CONTINUOUS |
| DAY 5 | CROSS TRAIN WALK/RIDE/ SWIM/GYM | CROSS TRAIN WALK/RIDE/ SWIM/GYM | CROSS TRAIN WALK/RIDE/ SWIM/GYM | CROSS TRAIN WALK/RIDE/ SWIM/GYM | CROSS TRAIN WALK/RIDE/ SWIM/GYM | CROSS TRAIN WALK/RIDE/ SWIM/GYM | CROSS TRAIN WALK/RIDE/ SWIM/GYM | BRISK WALK OR REST |
| DAY 6 | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY | REST DAY |
| DAY 7 | RUN 3KM CONTINUOUS RECORD TIME | RUN 5KM CONTINUOUS RECORD TIME | RUN 5KM CONTINUOUS RECORD TIME | RUN 40- 45MIN CONTINUOUS | RUN 5KM CONTINUOUS RECORD TIME | RUN 50MIN CONTINUOUS | RUN 40MINS CONTINUOUS RECORD TIME | RACE DAY, SMILE AND ENJOY |

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