



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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