

Beginner 10 Weeks to 10kms (~2 months)

	Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Weekend)	Sunday (Weekend)	Notes
10 Weeks		Pilates or Yoga	30 mins run/walk	Cross Train Exercise 30-45 mins	30 mins run/walk	Stretch / Roll / Rest	3km Run/Walk	Rest / Exercise Choice	
9 Weeks		Pilates or Yoga	40 mins run/walk	Cross Train Exercise 30-45 mins	40 mins run/walk	Stretch / Roll / Rest	4km Run/Walk	Rest / Exercise Choice	
8 Weeks		Pilates or Yoga	30-40 mins run/walk	Cross Train Exercise 30-45 mins	30-40 mins run/walk	Stretch / Roll / Rest	5km Run/Walk	Rest / Exercise Choice	
7 Weeks		Pilates or Yoga	40 mins run/walk	Cross Train Exercise 30-45 mins	40 mins run/walk	Stretch / Roll / Rest	6km Run/Walk	Rest / Exercise Choice	
6 Weeks	Easier Week	Pilates or Yoga	30 mins run/walk	Cross Train Exercise 30-45 mins	30 mins run/walk	Stretch / Roll / Rest	5km Join a Park Run!	Rest / Exercise Choice	
5 Weeks		Pilates or Yoga	40 mins run/walk	Cross Train Exercise 30-45 mins	40 mins run/walk	Stretch / Roll / Rest	7km Run/Walk	Rest / Exercise Choice	
4 Weeks		Pilates or Yoga	45 mins run/walk	Cross Train Exercise 30-45 mins	45 mins run/walk	Stretch / Roll / Rest	8km Run/Walk	Rest / Exercise Choice	
3 Weeks		Pilates or Yoga	30 mins run/walk	Cross Train Exercise 30-45 mins	30 mins run/walk	Stretch / Roll / Rest	9km Run/Walk	Rest / Exercise Choice	
2 Weeks	Taper Week	Pilates or Yoga	40 mins run/walk	Cross Train Exercise 30-45 mins	40 mins run/walk	Stretch / Roll / Rest	7km	Rest / Exercise Choice	
1 Week		Pilates or Yoga	30 mins run/walk	Cross Train Exercise 30-45 mins	30 mins run/walk	Stretch / Roll / Rest	10km Challenge	Rest / Exercise Choice	

