

COUCH2TEN TRAINING PROGRAM

So you have accepted the 10km Challenge, lets make your journey easier.

Our program has 4 runs per week, the days can be adjusted to fit into your schedule and rest days can also be used for cross training and stretching. The program starts with a combination of power walking (PW) and jogging.

HEART RATE (HR) ZONES

Heart Rate Max	Description
50 - 60% of HR Max	Aeorbic Training and power walking
60 - 70% of HR Max	Comfortable pace; conversation possible; deeper breathing; Basic cardiovascular training; good recovery pace
70 - 80% of HR Max	Moderate pace; more difficult to hold a conversation; improves aerobic capacity

MAX HEART RATE (HR) CALCULATIONS

The basic way to calculate your maximum heart rate is to subtract your age from 220.

PW	Power Walk - all takes place in HR Zone 1
LP	Lamp Poles on street (Approx 30m apart)
Jog Zones	Week 1 - 10: Zone 2 and 3
	Week 11 - 17: Zone 2

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTALkms
17	PW - 3 LP; jog - 1 LP. x10 (approx. 1km)	rest	PW - 3 LP; jog x 1 LP. x10 (approx. 1km)	rest	PW - 3 LP; jog x1 LP. x10 (approx. 1km)	rest	PW - 4 LP; jog - 3 lamp poles. X5 (approx. 1km)	4km
16	PW - 4 LP; jog - 3 LP. x5 (approx. 1km)	rest	PW - 4 LP; jog - 3 LP. x5 (approx. 1km)	rest	PW - 4 LP; jog - 3 LP. x5 (approx. 1km)	rest	PW - 4 LP; jog - 3 LP. x10 (approx. 2km)	5km
15	PW 1km; jog 500m (approx. 1.5km)	rest	PW - 4 LP; jog - 3 LP. x10 (approx. 2km)	rest	PW 1km; jog 500m (approx. 1.5km)	rest	PW 500m; jog 1km (approx. 1.5km)	6.5km
14	PW 1km; jog 1km (2km)	rest	PW 1km; jog 500m (1.5km)	rest	PW 1km; jog 1km (2km)	rest	PW 500m; jog 2km (2.5km)	8km
13	2.5km jog	rest	2.5km jog	rest	PW 1km; jog 1km (2km)	rest	PW 1km; jog 2km (3km)	10km
12	2.5km jog	rest	2.5km jog	rest	PW 1km; jog 1km (2km)	rest	PW 1km; jog 2km (3km)	10km
11	PW 500m; 2.5km jog (3km)	rest	PW 500m; 2.5km jog (3km)	rest	2km jog	rest	PW 1km; jog 3km (4km)	12km
10	3km jog; 1km PW (4km)	rest	3km jog; 1km PW (4km)	rest	2km jog; PW 1km (3km)	rest	4km jog	15km
9	3km jog; 1.5km PW (4.5km)	rest	3km jog; 1.5km PW (4.5km)	rest	2km jog; PW 1km (3km)	rest	5km jog (Parkrun)	18km
8	3km jog; 1.5km PW (4.5km)	rest	3km jog; 1.5km PW (4.5km)	rest	2km jog; PW 1km (3km)	rest	5km jog (Parkrun)	18km
7	5km jog	rest	5km jog	rest	5km jog	rest	5km jog (Parkrun)	20km
6	4km jog	rest	4km jog	rest	7km jog	rest	5km jog (Parkrun)	20km
5	5km jog	rest	5km jog	rest	5km jog	rest	7km jog	22km
4	5km jog	rest	5km jog	rest	3km jog	rest	9km jog	22km
3	4km jog	rest	4km jog	rest	4km jog	rest	5km jog (Parkrun)	17km
2	4km	rest	3km	rest	3km	rest	4km	14km
1	3km	rest	3km	rest	rest	rest	RACE DAY 10km!	6km