



10k Runner Program - 8 Weeks Challenge

Goals:	10 k Running - OMOKOROA - Injury prevention and Performance
Notes:	Before you start this program, you should be able to run 5 km without stopping. If you can not make it 6 times a week. Do 5 times a week, taking Saturday off. For Personalized Workout Plans requests - contact us at we@healthquarters.co.nz
Trainer:	Sebastian Abraham

BW Exercises - Tuesday and Friday	Reps / Time
Warm Up	1 set
Dynamic stretching and movility for hips - Kicks forwards and sides	20 each mov
Dynamic stretching and movility for shoulders - Circles	20 each side
Main circuit BW	3 sets
Step forward lunges	20
Push ups (if too hard, do it on knees)	15
Mini Squat Jumps	20
Single leg deadlifts	20
Kness Up	30"
Heels up	30"
Core Circuit	3 sets
Mountain Climbers	20
Plank	30"
Bridge	30"
Single Legs out	20
Weekly: Increase range of motion, add weights, or reduce rest time.	
General Body Stretching	10'

Running Sessions - Week 1	Distance/time
Monday	Rest
Wednesday	5 km
Thursday - Up the Hill/Mountain running and walking when really need	20'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

Running Sessions - Week 2	Distance/time
Monday	Rest
Wednesday	4 km
Thursday - Up the Hill/Mountain running and walking when really need	20 '
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	6 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

Running Sessions - Week 3	Distance/time
Monday	Rest
Wednesday	4.5 km
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	7 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

Running Sessions - Week 4	Distance/time
Monday	Rest
Wednesday	5 km
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	7.5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

Running Sessions - Week 5	Distance/time
Monday	Rest
Wednesday	5.5 km
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	20'
Sunday - Long Distance try to keep PACE.	8 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

Running Sessions - Week 6	Distance/time
Monday	Rest
Wednesday	6 km
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	20'
Sunday - Long Distance try to keep PACE.	8.5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	

Everyday - Eat real food and get enough sleep. (7-8 hs)

Running Sessions - Week 7	Distance/time
Monday	Rest
Wednesday	6.5 km
Thursday - Up the Hill/Mountain running and walking when really need	20' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	20'
Sunday - Long Distance try to keep PACE.	9 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

Running Sessions - Week 8	Distance/time
Monday	Rest
Wednesday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Thursday -	4 km
Saturday	REST
Sunday - Long Distance try to keep PACE.	RACE DAY :)
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

