

JETTY 2 FUN RUN JETTY

EXAMPLE 10KM PROGRAM - NOVICE LEVEL

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 15 mins Wak 1-2 mins Run 15 mins	Rest or cross-train	Run 15 mins Wak 1-2 mins Run 15 mins	Rest	Run 20 mins	Cross-train
2	Rest	Run 18 mins Wak 1-2 mins Run 18 mins	Rest or cross-train	Run 18 mins Wak 1-2 mins Run 18 mins	Rest	Run 30 mins	Cross-train
3	Rest	Run 30 mins	Rest or cross-train	Tempo run 5 mins Jog 1 min Repeat x 4	Rest	Run 40 mins	Cross-train
4	Rest	Run 30 mins	Rest or cross-train	Run 30 mins	Rest	Parkrun / 5km run timed run @80% effort	Cross-train
5	Rest	Run 30 mins	Rest or cross-train	Run 30 mins progressive run	Rest	Run 45 mins	Cross-train
6	Rest	Run 30 mins	Rest or cross-train	Tempo run 10 mins Jog 3 mins Repeat x 2	Rest	Run 50 mins	Cross-train
7	Rest	Run 30 mins	Rest or cross-train	Tempo run 5 mins Jog 90 secs Repeat x 5	Rest	Run 45 mins	Cross-train
8	Rest	Run 45 mins	Rest or cross-train	Run 25 mins	Rest	10/15 min run	Race Day!

Saturday and Sunday sessions are interchangeable

Tempo run is a faster paced workout also known as a threshold run. Tempo pace is described as “comfortably hard”, Tempo/threshold running will help prepare your body for running at a faster pace for longer, as well as boosting what’s known as lactate threshold.

Progression run is a run with structured pace increases from beginning to end. The distance and pace will vary based on your specific training goals.

Cross training is important to keep your fitness improving but reduce running load due to impact on joints and muscle’s. Examples of cross training are cycling, swimming and gym.