

River Run 10km beginner's training program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 from 4 th January	Rest	25min-10easy, 5solid, 10easy	20min easy	25min- 5easy , 10solid, 5easy	Rest	25min easy	Rest
2 from 11 th January	Rest	30min-10easy, 10solid, 10easy	20min easy	4x1min solid same easy + 10min before&after	Rest	25min easy	20min easy
3 from 18 th January	Rest	30min-10easy, 10solid, 10easy	20min easy	4x90seconds solid same easy+ 10min before&after	Rest	25min easy	25min easy
4 from 25 th January	Rest	35min-10easy, 15solid, 10easy	20min easy	4x90seconds solid same easy+ 10min before&after	Rest	25min easy	30min easy
5 from 1 st February	Rest	35min-10easy, 15soild, 10easy	20min easy	4x2mins solid same easy+ 10 before&after	Rest	30min easy	35min easy
6 from 8 th February	Rest	25min-10easy, 5solid, 10easy	20min easy	4x1min solid same easy+ 10 before&after	Rest	25min easy	30min easy
7 from 15 th February Race Week!	Rest	25min-10easy, 5solid, 10easy	20min easy	4x30seconds solid same easy+10 min before&after	25min easy	Rest	Race Day! Don't go out to hard and enjoy the day!

A good idea is to do some stretching before and after our training sessions, dynamic stretches before and static after.

Sessions can be done morning or afternoon whatever fits in best to your lifestyle!

Good luck with the training and hope to see you all at the **River Run**