

runmum.org

RUNMUM 10km Training Program

This program is a guide to getting you able to run 10 km in 8 weeks injury free, strong and confident.

Please consult a health care professional to be cleared for any exercise program.

This program has been written by a qualified run coach and trainer.

10km in 8 weeks!

Don't forget to stay connected and let us know how you go!




Page: Runmum
Group: Runmum - RunCrew



runmums



RUNMUM 10km in 8 weeks Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<p>Strength</p> <p>Focus: Core</p> <p>Core strength workouts</p> <p>Equipment required: Mat, heavy dumbbells</p> <p>Warm-up: as preferred.</p> <p>Plank 60 secs, rest 30 secs Repeat x 2 sets</p> <p>Push-ups x 10 - slow tempo - 5 secs down, 5 secs up - Drop to modified push-up on knees if necessary Repeat x 2 sets</p> <p>Mountain climbers x 20 reps Repeat x 4 sets</p> <p>Finisher Burpees for 1 minute, max effort.</p> <p>Cool down and stretch</p>	<p>Run</p> <p>Begin with</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>200 m sprints x 5 with 100 m walk between each sprint.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> <p>Begin with:</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Session:</p> <p>200 m run x 5 with 100 m walk between each repeat.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 10 Light Dumbbell alternate lunges left x 10 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 15 Repeat x 3 sets with 60 second rest between each set</p> <p>Butterfly kicks x 20 Squat jumps x 10 V sit ups x 10</p> <p>No rest between exercises Repeat x 3 sets with 60 second rest between each set</p> <p>• Cool down and stretch</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 2kms steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	<p>Strength</p> <p>Focus: HIIT Workout</p> <p>Equipment required: Mat, heavy dumbbells</p> <p>Warm-up: One minute of max reps. Go through all exercises (60 secs rest between).</p> <p>Then repeat x 3 rounds of the of the following:</p> <p>60 seconds of each exercise.</p> <p>Push-ups Air squat Shuttle runs (10m and back) Dumbbell standing (heavy) military press Sit-ups</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>400 m sprints x 4 with 100 m walk between each sprint.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> <p>Begin with:</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 2 km aim for distance only</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 10 Light Dumbbell alternate lunges left x 10 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 15</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Squat pulses for 30 seconds</p> <p>Repeat x 3 sets with 30 seconds rest between each set.</p> <p>• Cool down and stretch</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 3 kms steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>

RUNMUM 10km in 8 weeks Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	<p>Strength</p> <p>Focus: HIIT Workout</p> <p>Equipment required: Mat, heavy dumbbells</p> <p>Warm-up: One minute of max reps. Go through all exercises (60 secs rest between).</p> <p>Then repeat x 3 rounds of the of the following:</p> <p>60 seconds of each exercise.</p> <p>Air squat Shuttle runs (10m and back) Dumbbell standing (heavy) military press Sit-ups Alternating Curtsey lunges</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>400 m sprints x 2 with 100 m walk between each sprint.</p> <p>100 m sprints x 6 with 100 m walk between each sprint.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 3 km aim for distance only</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Dumbbell squats x 15 Light Dumbbell alternate lunges left x 15 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Air squats x 20</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Squat pulses for 30 seconds</p> <p>Repeat x 3 sets with 30 seconds rest between each set.</p> <p>• Cool down and stretch</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 4 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>

RUNMUM 10km in 8 weeks Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	<p>Strength</p> <p>Focus: Core</p> <p>Equipment required: Mat</p> <p>Warm-up: Some dynamic stretching prior to beginning this ab sequence.</p> <p>V sit ups x 15 reps Push-ups x 10 - slow tempo 5 secs down, 5 secs up (on knees for a modified push up) Repeat x 4 sets</p> <p>Lying superman holds - 10 secs hold, 10 secs rest x 6 Repeat x 4 sets</p> <p>Wide knee sit-ups x 20 reps Scissor kicks x 20 reps Repeat x 4 sets</p> <p>Cool down and stretch</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>100 m hills x 6 walk down each hill repeat.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 4 km aim for distance only include some hills if you can.</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Complete as many rounds as you can in 7 minutes.</p> <p>Skipping 50 reps Squats x 20 reps</p> <p>Glute bridging x 30 Single leg glute bridging x 10 each leg</p> <p>Repeat 3 sets with 60 second rest between each set.</p> <p>30 second plank with 60 second rest.</p> <p>Repeat 3 times.</p> <p>• Cool down and stretch</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 5 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	<p>Strength</p> <p>Focus: Core</p> <p>Equipment required: Mat</p> <p>Warm-up: Some dynamic stretching prior to beginning this ab sequence.</p> <p>V sit ups x 15 reps Push-ups x 10 - slow tempo 5 secs down, 5 secs up (on knees for a modified push up) Repeat x 4 sets</p> <p>30 second plank with 60 second rest.</p> <p>Repeat 3 times.</p> <p>Repeat x 4 sets</p> <p>Wide knee sit-ups x 20 reps Scissor kicks x 20 reps Repeat x 4 sets</p> <p>Cool down and stretch</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>400 m sprints x 5 walk 200 m between each sprint.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 5 km aim for distance only include some hills if you can.</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat.</p> <p>Warm-up: as preferred.</p> <p>Lunges drop set x 12 reps Left leg set with heavy dumbbell Right leg set with heavy dumbbells -Straight into left leg set with light dumbbells -Straight into right leg set with light dumbbells -Straight into left leg again set of just bodyweight Straight into right leg again set of just bodyweight</p> <p>30 air squats</p> <p>Repeat 4 sets with 60 second rest between each set.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 6 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>


RUNMUM 10km in 8 weeks Training Program

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6	<p>Strength</p> <p>Focus: HIIT workout</p> <p>Equipment required: Mat, kettlebell.</p> <p>Warm-up: as preferred.</p> <p>Complete the following exercises in TABATA format (20 secs on, 10 secs off) x 8 rounds each - 4 mins total. Rest between exercises as little as possible, with a max of 2 mins between each exercise.</p> <p>Burpees (chest to ground) Air squats Bench dips Mountain climbers Kettlebell swings Alternating Curtsey lunges</p> <p>Cool down and stretch</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>1 km sprints x 2 with 3 minute rest between each sprint.</p> <p>100 m sprints x 8 with 1 minute rest between each sprint.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 6 km aim for distance only include some hills if you can.</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Heavy dumbbells, light dumbbells, mat, kettlebell</p> <p>Kettlebell front squats x 8 Air squats, max effort in 60 secs Donkey kicks left leg x 10 Donkey kicks right leg x 10</p> <p>Repeat 3 sets with 60 second rest between.</p> <p>Single leg deadlifts left x 10 reps Single leg deadlifts right x 10 reps Regular sets with heavy dumbbells x 10 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 7 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	<p>Strength</p> <p>Focus: Core workout</p> <p>Complete 30 seconds of each exercise. Complete 4 sets.</p> <p>Full sit ups V sit ups Side ab crunches left Side ab crunches right Butterfly kicks Bicycle crunches</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>200 sprints x 8 with 1 minute rest between each sprint.</p> <p>400 m sprints x 4 with 2 minute rest between each sprint.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 8 km aim for distance only include some hills if you can.</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Lower Body</p> <p>Equipment required: Dumbbells (light and heavy), mat,</p> <p>Warm-up: as preferred.</p> <p>Dumbbell deadlifts with heavy dumbbells x 10</p> <p>Walking lunges with heavy dumbbells x 20</p> <p>Skip 100 repeats</p> <p>Repeat 4 sets with 60 second rest between each set.</p> <p>Complete 30 seconds of each exercise. Complete 4 sets.</p> <p>Full sit ups V sit ups Side ab crunches left Side ab crunches right Butterfly kicks Bicycle crunches</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 8 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	<p>Strength</p> <p>Focus:</p> <p>Equipment required: Mat and kettlebell.</p> <p>Warm-up: as preferred.</p> <p>Go through all exercises with no rest in between each exercise. Rest 90 seconds after each completed round and complete 5 rounds in total.</p> <p>5 burpees 10 squat jumps 15 kettlebell swings 20 plank leg lifts 25 mountain climbers 30 superman bird/dog combo (15 reps each side)</p> <p>Cool down and stretch</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Intervals session-</p> <p>200 m sprints x 8 with 1 minute rest between each sprint.</p> <p>1 km sprint x 2 with 3 minute rest between each km.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p> <p>Begin with:</p> 	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>10 minute warm up walk.</p> <p>Session:</p> <p>Run 8 km aim for distance only include some hills if you can.</p> <p>10 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>	<p>Strength</p> <p>Focus: Core work only</p> <p>Complete 30 seconds of each exercise. Complete 4 sets.</p> <p>Full sit ups V sit ups Side ab crunches left Side ab crunches right Butterfly kicks Bicycle crunches</p>	<p>Rest or cross train some suggestions include:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Run</p> <p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Walk fast for 10 minutes.</p> <p>Run 10 km steady, aim for distance only.</p> <p>5 minutes of walking to cool down.</p> <p>Stretch for 10 -15 minutes.</p>