



2XU

BEGINNER
10KM TRAINING PROGRAM



ABOUT THE **BEGINNER** 10KM TRAINING PROGRAM

This program has been designed for those who may have completed a number of 5km events and looking to step up and complete the 10km distance.

TRAINING TERMS

EASY

This level of effort should largely feel easy aerobically but wont always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you cant, you are probably going too hard.

SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

HARD

This level of effort should be difficult and uncomfortable to sustain. You wont feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

KEY ABBREVIATIONS

W/U

Warm Up

W/D

Warm Down

TT

Time Trial

RECOVERY IS TRAINING

THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness. That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

PRODUCT FEATURE



[SHOP RECOVERY](#)



GO TO WEEK

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MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 6 x 400m hard run with 90secs standing recovery between W/D: 5min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 6 x 2min solid run, 1 min easy walk recovery between W/D: 5min easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.	
SUN	Continuous Run:	5km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 3 x 1km solid run, 2mins standing recovery between W/D: 5min easy jog
WED	X Train:	20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 6 x 3min solid run, 1 min easy walk recovery between W/D: 5min easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.	
SUN	Long Run/ Walk:	4 x 8mins run easy / 2mins walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 4 x 800m solid run, 2mins standing recovery between W/D: 5min easy jog
WED	X Train:	20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 4 x 5min solid run, 2min easy walk recovery between W/D: 5min easy jog
SAT	Rest Day	
SUN	Long Run/ Walk:	5 x 8mins run easy / 2mins walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 6 x 600m solid run, 90secs standing recovery between W/D: 10min easy jog
WED	X Train:	20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 5 x 5min solid run, 2min easy walk recovery between W/D: 5min easy jog
SAT	Rest day	
SUN	Long Run/ Walk:	5 x 9mins run easy / 1min walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Intervals	W/U: 10min easy jog Main set: 10 x 400m solid run, 90seconds standing recovery between W/D: 10min easy jog
WED	X Train:	20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 10 x 100m run hard / 100m walk easy recovery between W/D: 10min easy jog
SAT	Rest Day	
SUN	Test	W/U: 10min easy jog Main set: 5km TT @ Goal 10km pace W/D: 5min easy jog

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Run:	30min continuous easy
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 10min easy jog Main set: 5 x 800m solid run, 2min standing recovery between W/D: 10min easy jog
SAT	Recovery focus: massage, foam roller, Yoga, etc.	
SUN	Long Run/ Walk:	6 x 9mins run easy / 1min walk easy between

MON	Recovery focus: massage, foam roller, Yoga, etc.	
TUES	Session:	W/U: 10min easy jog Main set: 4 x 1km solid run, 2mins standing recovery between W/D: 10min easy jog
WED	X Train:	30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day	
FRI	Session:	W/U: 5min easy jog Main set: 3 x 7mins solid run, 3mins easy walk between W/D: 5min easy jog
SAT	Rest Day	
SUN	Continuous Run:	7km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Session: W/U: 10min easy jog Main set: 10 x 300m solid, 100m easy walk recovery between W/D: 5min easy jog
WED	Xtrain: 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Recovery focus: massage, foam roller, Yoga, etc.
FRI	Run: 20min easy run + 6 x 20sec hard run / 40sec easy walk recovery
SAT	Rest Day:
SUN	Race Day! Good luck today, trust in your training and go out there and enjoy it