

BEGINNER RUN PROGRAM

- 1.Download Strava to track every run & add me so I can also check in
- 2.When you need to stop for a rest make sure you pause Strava
- 3.Remember a comfotable pace means you could still have a short convo. Don't worry too much about your pace for the first 4 weeks but more about time on your feet & being consistent with your program. Slow and steady!
- 4.Recovery is important, make sure you roll out your shins after you run & stretch your hip flexes/ quads regularly to avoid injury.
- 5.You have to run at least 2 x per week to feel yourself progressing, once a week just isn't enough but no more than 3 x per week. All it takes is 10 - 20 mins out of you day.

WEEK 1

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	1.5km at comfortable pace stopping half way	WALK	WALK	7 min jog at comfortable pace. You can rest half way.	WALK	WALK

WEEK 2

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	3 min jog 1 min walk x 3	WALK	WALK	1.5km at comfortable pace	2km jog at a comfortable pace	WALK

WEEK 3

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	5 min jog 1 min walk x 2	WALK	WALK	1.5km jog at comfortable pace	WALK	WALK

WEEK 4

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	3km jog at comfotable pace	WALK	WALK	3.5km jog at comfotable pace	WALK	WALK



INTERMEDIATE RUN PROGRAM

- 1. Download Strava to track every run & add me so I can also check in
- 2. When you need to stop for a rest make sure you pause Strava
- 3. Remember a comfortable pace means you could still have a short convo. Don't worry too much about your pace for the first 4 weeks but more about time on your feet & being consistent with your program. Slow and steady!
- 4. Recovery is important, make sure you roll out your shins after you run & stretch your hip flexes/ quads regularly to avoid injury.
- 5. You have to run at least 2 x per week to feel yourself progressing, once a week just isn't enough but no more than 3 x per week. All it takes is 10 - 20 mins out of your day.
- 6. Please check in after each week on insta DM or email to let me know how you are going. If you are finding the program too challenging, we can adjust so please be honest. Can't wait to hear from you!

WEEK 1

SUN	MON	TUE	WED	THURS	FRI	SAT
Groceries & food prep	3km jog at a comfortable pace	WALK	10 min jog at a comfortable pace	WALK	2km jog at a comfortable pace	WALK

WEEK 2

SUN	MON	TUE	WED	THURS	FRI	SAT
Groceries & food prep	3km jog under 20 mins so aim 6 min per KM	WALK	3km comfortable pace	WALK	2km jog at a comfortable pace	WALK

WEEK 3

SUN	MON	TUE	WED	THURS	FRI	SAT
Groceries & food prep	22 min jog at comfortable pace	WALK	4km jog in 12 mins	WALK	2km jog at a comfortable pace	WALK

WEEK 4

SUN	MON	TUE	WED	THURS	FRI	SAT
Groceries & food prep	5km jog at a comfortable pace. Have a rest half way.	WALK	3km jog at comfortable pace	WALK	2km jog in 12 mins	WALK



ADVANCED RUN PROGRAM

- 1.Download Strava to track every run & add me so I can also check in
- 2.When you need to stop for a rest make sure you pause Strava
- 3.Remember a comfotable pace means you could still have a short convo. Don't worry too much about your pace for the first 4 weeks but more about time on your feet & being consistent with your program. Slow and steady!
- 4.Recovery is important, make sure you roll out your shins after you run & stretch your hip flexes/ quads regularly to avoid injury.
- 5.Please check in after each week on insta DM or email to let me know how you are going. If you are finding the program too challenging, we can adjust so please be honest. Can't wait to hear from you!

WEEK 1

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	7km easy run	WALK	REST	8km intervals 1km hard 1km recovery ETC	REST	50 minute run

WEEK 2

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	5km run in 22 mins	WALK	REST	10km easy run	REST	WALK

WEEK 3

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	8km easy run	WALK	REST	7km hills	REST	11km easy run

WEEK 4

SUN	MON	TUE	WED	THURS	FRI	SAT
REST	6km hills	5km in 21 mins	REST	5km in 22 mins	REST	WALK

