

ACTIVE 10KM
TRAINING PROGRAMME



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	EASY RUN 30MIN	REST	15MIN WARM UP 15MIN ACTIVE 75-80% COOL DOWN 10MIN	SPINNING/BIKE 1H	REST	MOUNTAIN RUN: ELEVATION >200M / 1H15MIN	REST
WEEK 2	EASY RUN 35MIN	REST	15MIN WARM UP 20MIN ACTIVE 75-80% COOL DOWN 10MIN	SPINNING/BIKE 1H15	REST	MOUNTAIN RUN: ELEVATION >250M / 1H30MIN	REST
WEEK 3	EASY RUN 40MIN	REST	WARM UP 20MIN 4X (4MINMIN AT 90% / RECOVERY 1MIN RUNNING SLOW) COOL DOWN 10MIN	SPINNING/BIKE 1H30	REST	MOUNTAIN RUN: ELEVATION >300M / 1H45MIN	REST
WEEK 4	EASY RUN 45MIN	REST	WARM UP 20MIN 4X (6MINMIN AT 90% / RECOVERY 1MIN RUNNING SLOW) COOL DOWN 10MIN	SPINNING/BIKE 1H45	REST	MOUNTAIN RUN: ELEVATION >350M / 2H	REST
WEEK 5	EASY RUN 50MIN	REST	WARM UP 20MIN ON UPHILL: 10X 30SEC/30SEC (30SEC SPRINT UPHILL, 30SEC COOL DOWNHILL) COOL DOWN 10MIN	REST	EASY RUN 50MIN	MOUNTAIN RUN: ELEVATION >400M / 2H15MIN	REST
WEEK 6	EASY RUN 50MIN	WARM UP 20MIN ON UPHILL: 8X 1MIN/1MIN (1MIN SPRINT UPHILL, 1MIN COOL DOWNHILL) COOL DOWN 10MIN	SPINNING/BIKE 1H30	REST	EASY RUN 50MIN	MOUNTAIN RUN: ELEVATION >500M / 2H30MIN	REST
WEEK 7	EASY RUN 50MIN	WARM UP 20MIN ON UPHILL: 10X 1MIN/1MIN (1MIN SPRINT UPHILL, 1MIN COOL DOWNHILL) COOL DOWN 10MIN	SPINNING/BIKE 1H15MIN	REST	EASY RUN 40MIN	MOUNTAIN RUN: ELEVATION >350M / 2H	REST
WEEK 8	REST	EASY RUN 45MIN	20MIN WARM UP 8X30SEC FAST / 30SEC SLOW COOL DOWN 15MIN	REST	REST	DODO TRAIL ACTIVE	