

# Run Forrest

## Beginner 10km Program

### By GPC Squad



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>20mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	Day Off	<b>20min Hill Run:</b> 20mins continuous running incl. as many hills as possible	<b>20min Pace Set:</b> 5mins easy + 10mins as 1min steady pace + 1min power walk + 5mins easy	Day Off	<b>4km Pace Set:</b> 1km easy jog + 2km steady to hard pace + 1km easy jog	<b>Easy Run:</b> 3-4km easy run on hilly trail
Week 2	<b>30mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	Day Off	<b>20min Hill Reps Set:</b> Incl. 2 sets of 200 hill or stair reps + recovery down the hill	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min steady pace + 1min power walk + 5mins easy	Day Off	<b>5km Pace Set:</b> 2km easy jog + 2km steady to hard pace + 1km easy jog	<b>Easy Run:</b> 4-5km easy run on hilly trail
Week 3	<b>30mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	Day Off	<b>30min Hill Reps Set:</b> Incl. 3 sets of 200 hill or stair reps + recovery down the hill	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min steady pace + 1min easy pace + 5mins easy	Day Off	<b>6km Pace Set:</b> 2km easy jog + 5km steady to hard pace + 1km easy jog	<b>Easy Run:</b> 5-6km easy run on hilly trail
Week 4	<b>30mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>Easy Run:</b> 3-4km easy run on hilly trail	<b>35min Hill Reps Set:</b> Incl. 3 sets of 200 hill or stair reps + recovery down the hill	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min hard pace + 1min easy pace + 5mins easy	Day Off	<b>8km Pace Set:</b> 2km easy jog + 5km steady to hard pace + 1km easy jog	<b>Easy Run:</b> 7-8km easy run on hilly trail
Week 5	<b>45mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>Easy Run:</b> 4-5km easy run on hilly trail	<b>40min Hill Reps Set:</b> Incl. 3 sets of 200 hill or stair reps + work the downhill & rest 30sec at bottom	<b>30min Race Prep Set:</b> Incl. 10x 15sec accel. pace + 45sec easy	Day Off	<b>5km Parkrun or Time Trial:</b> WU is 2km easy run incl. 5 run throughs (50m) + walk back recovery. 5km hard to max TT. WD is 1km super easy run	<b>Easy Run:</b> 9-10km easy run on hilly trail
Week 6	<b>60mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>Easy Run:</b> 5-6km easy run on hilly trail	<b>45min Hill Reps Set:</b> Incl. 8 sets of 200 hill or stair reps hard pace + recovery down the hill	<b>30min Pace Set:</b> 5mins easy + 20mins as 1min max pace + 1min easy pace + 5mins easy	Day Off	<b>10km Pace Set:</b> 2km easy jog + 6km steady to hard pace run + 2km easy jog	<b>Easy Run:</b> 11-12km easy run on hilly trail
Week 7	<b>30mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>Easy Run:</b> 5km easy run on hilly trail	Day Off	<b>45min Race Prep Set:</b> Incl. 10x 30sec accel. Pace + 90sec easy	Day Off	<b>Race Prep:</b> 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery	<b>Race Day:</b> Warm Up is 10-15mins easy jog with 5 x 10sec accelerating efforts