



RUN HAPPY




With our 14km run
program for beginner
runners!

14km Beginner 10-week Run Program



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Day off	20-25min easy jog	Day off	Session - 15min jog warm up, 5x4min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down	20min jog - or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	6km easy jog
2	Day off	20-25min easy jog	Day off	Session - 15min jog warm up, 5x4min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down	20-30min jog - or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	7km easy jog
3	Day off	25-30min easy jog	Day off	Session - 15min jog warm up, 4x5min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	8km easy jog
4	Day off	25-30min easy jog	Day off	Session - 15min jog warm up, 5x5min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	9km easy jog
5	Day off	30-35min easy jog	Day off	Session - 15min jog warm up, 5x6min @ 10k pace along flat bike path/aths track/oval with 1min walk recovery, 15min jog cool down	30min jog - or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	10km easy jog

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6	Day off	30-35min easy jog	Day off	Session - 15min jog warm up, hill reps (just need a steady incline, don't need a really steep hill) 7x1min hill reps strong (not flat out but a strong effort) with jog back down recovery, 15min jog cool down	30min jog - or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	12km easy jog
7	Day off	35-40min easy jog	Day off	Session - 15min jog warm up, hill reps 8x1min hill strong effort (not flat out but a strong effort) with jog back down recovery, 15min jog cool down	30min jog - or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	14km easy jog
8	Day off	40min easy jog	Day off	Session - 15min jog warm up, 3x8min efforts @ 14k race pace effort with 2min walk or slow jog recovery - along flat bike path/aths track/oval, 10min jog cool down	30min jog - or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	14km easy jog
9	Day off	35min easy jog	Day off	Session - 15min jog warm up, 3x8min efforts @ 14k race pace effort with 2min walk or slow jog recovery - along flat bike path/aths track/oval, 10min jog cool down	20-30min jog or Day off. Can swap this day with a Saturday if needed.	Day off or can move Friday short jog here (or do your easy run as a Parkrun) or even swap it with Sunday's session if you want to have a Sunday off.	10km easy jog
10	Day off	20min easy jog	Day off	25min easy jog.	Day off or 15min jog	GOR 14k	

1. Easy jog pace you should be able to chat a bit while running
2. Slight pick up pace roughly 10-15seconds faster per km than easy jog pace. Can still talk but not as easily
3. If you want to have Sunday off (might have a big night planned Saturday!) you can always for the Sunday run on the Saturday.