



Absa RUN YOUR CITY DURBAN 10K

Training Plan: Couch to 10K in 6 weeks

So, your friend has told you about a fun 10km race happening in 6 weeks time...But! You have not run in ages. Would it be possible for you to complete 10km safely in 6 weeks time? Assuming that you are otherwise in good health, do not have pre-existing orthopaedic injuries and have some base level of fitness, then the answer is yes.

This is your 6 week programme to help get you to the start and finish line of the Absa RUN YOUR CITY DURBAN 10K race. Given the limited time available, it is important that you are consistent with your training and follow the plan as closely as possible. Whether you run the whole way on the day or run-walk the aim is finishing 10km safely and having fun!

Please take note of the key below explaining the abbreviations used in the programme, as well as the 'RPE' or Rating of perceived exertion scale for guiding the intensity of your training sessions. All the best in your preparations!

| Rating of Perceived Exertion (RPE Scale) | |
|---|----------------------|
| 10 | Maximal |
| 9 | Really, Really, Hard |
| 8 | Really Hard |
| 7 | |
| 6 | Hard |
| 5 | Challenging |
| 4 | Moderate |
| 3 | Easy |
| 2 | Really Easy |
| 1 | Rest |

Key

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| WU: Warm Up |
| Main: Main set |
| CD: Cool Down |
| RPE: Rate of Perceived Exertion |

| | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|------------------------------------|------|---|------|---|------|--|------|
| Week 1 30 May- 5 June | REST | WU: 5 minute walk (RPE 2) Main: 5 sets: 2 min run (RPE 4) 2 min walk (RPE 2) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 2) Main: 4 sets: 3 min run (RPE 4) 2 min walk (RPE 2) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 2) Main: 4 sets: 4 min run (RPE 5); 2 min walk (RPE 2) CD: 5 minute walk | REST |
| Week 2 6-12 June | REST | WU: 5 minute walk (RPE 2) Main: 5 sets 4 min run (RPE 5) 1 min walk (RPE 2) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 2) Main: 3 sets: 8 min run (RPE 5) 2 min walk (RPE 3) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 4 km run (walk as needed) (RPE 6-7) CD: 5 minute walk | REST |
| Week 3 13-19 June | REST | WU: 5 minute walk (RPE 3) Main: 2 sets: 15 min run (RPE 5-6) 3 min walk (RPE 3) CD: 5 min walk | REST | WU: 5 minute walk (RPE 3) Main: 25 min continuous run (RPE 6) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 6 km run (walk as needed) (RPE 6-7) CD: 5 minute walk | REST |
| Week 4 20-26 June | REST | WU: 5 minute walk (RPE 3) Main: 2 sets: 20 min run (RPE 6) 3 min walk CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 30 min continuous run (RPE 6) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 5 km continuous run (RPE 7) CD: 5 minute walk | |

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| Week 5 27 June - 3 July | REST | WU: 5 minute walk (RPE 3) Main: 30 min easy run (RPE 4) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 2 sets: 20 min tempo run (RPE 6-7) 5 min very easy jog/walk (RPE 2) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 8 km run (walk as needed) (RPE 6-7) CD: 5 minute walk | |
| Week 6 4-10 July | REST | WU: 5 minute walk (RPE 3) Main: 4 sets: 5 min tempo pace (RPE 7) 5 min easy-moderate (RPE 3) CD: 5 minute walk | REST | WU: 5 minute walk (RPE 3) Main: 30 min easy run (RPE 4) CD: 5 minute walk | REST | REST | Absa RUN YOUR CITY DURBAN 10K RACE DAY |