



## Absa RUN YOUR CITY JOBURG 10K

### Training Plan: Couch to 10 km in 8 weeks

So, your friend has told you about a fun 10 km race happening in 8 weeks time...But! You have not run in ages. Would it be possible for you to complete 10 km safely in 8 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 8 week programme to help get you to the start and finish line of the Absa RUN YOUR CITY JOBURG 10K race. Given the limited time available, it is important that you are consistent with your training and follow the plan as close as possible. Whether you run the whole way on the day or run-walk, the aim is finishing 10 km 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!

**Key**

<b>WU:</b> Warm Up
<b>Main:</b> Main set
<b>CD:</b> Cool Down
<b>RPE:</b> Rate of Perceived Exertion

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

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b> 1-7 August	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 5 sets: 1 min run (RPE 4); 2 min walk (RPE 2) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 6 sets: 1 min run (RPE 4); 2 min walk (RPE 2) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 5 sets: 2 min run (RPE 5); 2 min walk (RPE 2) <b>CD:</b> 5 minute walk	REST
<b>Week 2</b> 8-14 August	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 10 sets 1 min run (RPE 4); 1 min walk (RPE 2) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 4 sets: 3 min run (RPE 5) 2 min walk (RPE 3) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 4 sets: 4 min run (RPE 5) 2 min walk (RPE 3) <b>CD:</b> 5 minute walk	REST
<b>Week 3</b> 15-21 August	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 3 sets 6 min run (RPE 5); 2 min walk (RPE 3) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 2); <b>Main:</b> 3 sets 8 min run (RPE 5); 2 min walk (RPE 3) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 4 km run (walk as needed) (RPE 6) <b>CD:</b> 5 minute walk	REST

<b>Week 4</b> 22-28 August	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 2 sets: 12 min run (RPE 5) 3 min walk (RPE 3) <b>CD:</b> 5 min walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 20 min continuous run (RPE 5-6) <b>CD:</b> 5 min walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 5 km run (walk as needed) (RPE 6) <b>CD:</b> 5 minute walk	REST
<b>Week 5</b> 29 August – 4 September	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 2 sets: 15 min run (RPE 5) 5 min walk (RPE 3) <b>CD:</b> 5 min walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 25 min continuous run (RPE 6) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 6 km run (walk as needed) (RPE 6) <b>CD:</b> 5 minute walk	REST
<b>Week 6</b> 5-11 September	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 2 sets: 20 min run (RPE 5) 5 min walk (RPE 3) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 35 min continuous run (RPE 6-7) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 5 km tempo run (RPE 7-8) <b>CD:</b> 5 minute walk	REST
<b>Week 7</b> 12-18 September	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 30 min easy run (RPE 4) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 2 sets: 20 min tempo run (RPE 6-7) 5 min very easy jog / walk (RPE 2) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 8 km run (walk as needed) (RPE 6-7) <b>CD:</b> 5 minute walk	REST
<b>Week 8</b> 19 – 25 September	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 30 min easy run (RPE 4) <b>CD:</b> 5 minute walk	REST	<b>WU:</b> 5 minute walk (RPE 3); <b>Main:</b> 3 sets: 5 min tempo pace (RPE 7) 5 min easy jog (RPE 3) <b>CD:</b> 5 minute walk	REST	<b>Absa RUN YOUR CITY JOBURG 10K  RACE DAY</b>	REST