








# RUNNING MADE EASY

10K PROGRAM  
12-WEEK TRAINING



## WELCOME TO YOUR 10K PROGRAM

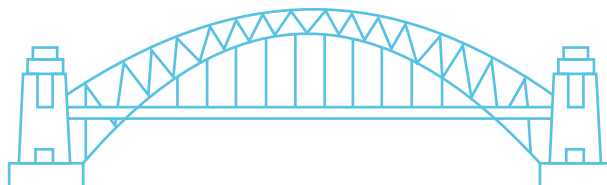
Use the following legend to navigate through your training.  
Run at any level of the Run 180 App.

-  Accelerator
-  Rest Day
-  Session duration: 20/40/60 mins.
-  High intensity week
-  Low intensity week
-  Race Week
-  Race Day

# 10K PROGRAM

WEEKS 1 - 6

WEEK	M	T	W	T	F	S	S
1	20			20			20
2	20			A			20
3	20			A			40
4	20			20+ A			40
5	20			A			R
6	20			R			5K



# 10K PROGRAM

WEEKS 7 - 12

WEEK	M	T	W	T	F	S	S
7	20			A			20
8	20			A			40
9	20			20			40
10	20			40+ A			60
11	20			A			20
12	20			R			



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**WELL DONE  
JUST AWESOME**