


21K · 10K · 5K

28 JULY  
2019

#RunMelbourne2019

# TRAINING GUIDE

powered by  SOLE MOTIVE



RUNNER'S  
WORLD

2XU



**RM**  
RUNMELBOURNE

# 5K BEGINNER

If you're someone who can't run 20-minutes without needing to stop, you find it hard to increase your pace or you have never done speed work before – this program is perfect for you.

## GOAL = TO RUN 5K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	15min walk	Rest	Warm-up: 5min walk 6 x 1min run + 2min walk Cool down: 7min walk	Rest	Cross training/Gym	10 x 1min run + 1min walk
<b>2</b>	Rest	15min walk	Rest	Warm up: 5min walk 6 x 1min run + 2min walk Cool down: 7min walk	Rest	Cross training/Gym	10 x 1min run + 1min walk
<b>3</b>	Rest	20min walk	Rest	Warm up: 5min walk 6 x 2min run + 2min walk Cool down: 1min walk	Rest	Cross training/Gym	6 x 3min run + 2min walk
<b>4</b>	Rest	20min walk	Rest	Warm up: 5min walk 6 x 2min run + 2min walk Cool down: 1min walk	Rest	Cross training/Gym	6 x 3min run + 2min walk
<b>5</b>	Rest	25min walk	Rest	Warm up: 5min walk 5 x 4min run + 2min walk	Rest	Cross training/Gym	4 x 6min run + 2min walk
<b>6</b>	Rest	25min walk	Rest	Warm up: 5min walk 5 x 4min run + 2min walk	Rest	Cross training/Gym	4 x 6min run + 2min walk
<b>7</b>	Rest	15min walk + 10min run	Rest	Warm up: 5min walk 5 x 4min run + 1min walk Cool down: 5min walk	Rest	Cross training/Gym	3 x 8min run + 2min walk
<b>8</b>	Rest	15min walk + 10min run	Rest	Warm up: 5min walk 5 x 4min run + 1min walk Cool down: 5min walk	Rest	Cross training/Gym	Warm up: 1K walk 3K run Cool down: 1K walk
<b>9</b>	Rest	10min walk + 15min run	Rest	Warm up: 5min walk 6 x 4min run + 1min walk Cool down: 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 4K run Cool down: 1K walk
<b>10</b>	Rest	10min walk + 15min run	Rest	Warm up: 5min walk 6 x 4min run + 1min walk Cool down: 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 5K run Cool down: 1K walk
<b>11</b>	Rest	5min walk + 20min run	Rest	Warm up: 5min walk 5 x 5min run + 1min walk	Rest	Cross training/Gym	Warm up: 1K walk 5K run Cool down: 1K walk
<b>12</b>	Rest	15min run	Rest	Warm up: 5min walk 5 x 2min run + 1min walk	Rest	Warm up: 5min walk 10min run	<b>RACE DAY</b>

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases  
**HARD** - Speaking is virtually impossible

# 10K BEGINNER

If you have run on and off for six months, this program will help guide you from running/walking to tackling a 10K run in 12 weeks.

## GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
<b>2</b>	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
<b>3</b>	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	6-7K
<b>4</b>	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
<b>5</b>	Rest	30min easy run	Rest	Warm up: 6 min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	7-8K
<b>6</b>	Rest	30min easy run	Rest	Warm up: 5min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	8-9K
<b>7</b>	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Cross training/Gym	8-9K
<b>8</b>	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 2min easy run Cool down: 9-6 min easy run	Rest	Cross training/Gym	7-8K
<b>9</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min rest Cool down: 5 min easy run	Rest	Cross training/Gym	9-11K
<b>10</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min rest Cool down: 5 min easy run	Rest	Cross training/Gym	9-11K
<b>11</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 800m mod/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	8K
<b>12</b>	Rest	30min easy run	Rest	Warm up: 10min 5 x 2min moderate run + 1min easy run Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run	<b>RACE DAY</b>

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

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**HARD** - Speaking is virtually impossible

# 21.1K BEGINNER

You might be an experienced 10K or 5K runner, but now you want to step it up. This is the perfect guide to take you from running/walking a 21.1K to running to the finish line in 12 weeks.

## GOAL = TO RUN A HALF MARATHON!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
<b>2</b>	Rest	20min run + 10min walk	Rest	Warm up: 15min run 6 x 2min moderate run + 1min walk Cool down: 2min easy run	Rest	Cross training/Gym	6-7K
<b>3</b>	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	8-10K
<b>4</b>	Rest	20min run + 10min walk	Rest	Warm up: 11 min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
<b>5</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	12-14K
<b>6</b>	Rest	30min easy run	Rest	Warm up: 15min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	14-16K
<b>7</b>	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Cross training/Gym	10K
<b>8</b>	Rest	35min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	16-18K.
<b>9</b>	Rest	35min easy run	Rest	Warm up: 10min run 5 x 1.2K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	18-20K
<b>10</b>	Rest	40min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	20-21K
<b>11</b>	Rest	35min easy run	Rest	Warm up: 10min run 5 x 800m moderate/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	12K
<b>12</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy run Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run Cool down: 5min easy run	<b>RACE DAY</b>

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

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# 5K INTERMEDIATE

If you can run 20 minutes but want to run even faster to help you get that PB – this is the perfect guide for you. It will help you build up speed within a 12 week period.

## GOAL = TO RUN 5K, FAST!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 8 × 30sec mod/hard to hard + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	4K
<b>2</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 8 × 30sec mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	4K
<b>3</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	5K
<b>4</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	5K
<b>5</b>	Rest	20min easy run	Cross training/ Gym	Warm up: 10min easy run 6 × 2min mod/hard to hard run + 2min easy run Cool down: 6min easy run	Rest	Cross training/Gym or easy 20min run	6K
<b>6</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 3min mod/hard to hard run + 1min easy run Cool down: 10min easy run	Rest	Cross training/Gym or easy 20min run	6K
<b>7</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 3min mod/hard to hard run + 1min easy run Cool down: 10min easy run	Rest	Cross training/Gym or easy 20min run	7K
<b>8</b>	Rest	25min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 800m mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>7K</b> Include 3K @ your target race pace or a moderately hard pace
<b>9</b>	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 5 × 800m mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>7K</b> Include 3K @ your target race pace or a moderately hard pace
<b>10</b>	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 4 × 1K mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>8K</b> Include 5K @ your target race pace or a moderately hard pace
<b>11</b>	Rest	30min easy run	Cross training/ Gym	Warm up: 10min easy run 4 × 1K mod/hard to hard run + 2min easy run Cool down: 5min easy run	Rest	Cross training/Gym or easy 20min run	<b>6K</b> Include 3K @ your target race pace or a moderately hard pace
<b>12</b>	Rest	20min easy run	Rest	Warm up: 10min easy run 5 × 2min mod/hard run Cool down: 2min easy run	Rest	20min run Include 3K at target race pace	<b>RACE DAY</b>

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

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**HARD** - Speaking is virtually impossible

# 10K INTERMEDIATE

If you've run 10K fun runs before but want to improve your time, this guide is perfect for you.  
Use the 12 week plan to build up your speed and smash your target on race day.

## GOAL = TO RUN 10K!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	30min easy run	Rest	Warm up: 10 min run 2 x 1.5K @ target race pace + 2min rest + 800m hard + 2min rest + 400m hard + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	8K
<b>2</b>	Rest	30min easy run	Rest	Warm up: 10 min run 2 x 1.5K @ target race pace + 2min rest + 800m hard + 2min rest + 400m hard + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	8K
<b>3</b>	Rest	30min easy run	Rest	Warm up: 15 min run 1min fast + 1min easy jog + 2min fast + 1 min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	30min run - mod/hard pace	9K
<b>4</b>	Rest	40min easy run	Rest	Warm up: 15 min run 1min fast + 1min easy + 2min fast + 1 min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym or easy 30min run	9K
<b>5</b>	Rest	40min easy run	Rest	Warm up: 15 min run 5 x 1K @ target race pace + 90sec rest Cool down: 5min easy run	Rest	Cross training/Gym	8K
<b>6</b>	Rest	40min easy run	Rest	Warm up: 15min run 5 x 1K @ target race pace + 90 sec rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	10K
<b>7</b>	Rest	30min easy run	Rest	Warm up: 15min run 4 x 1500m @ 30 sec per K faster than target race pace + 90sec rest Cool down: 5min easy run	Rest	Cross training/Gym or easy 30min run	10K
<b>8</b>	Rest	30min easy run	Rest	Warm up: 15min run 4 x 1500m 30 sec per K faster than target race pace + 90sec rest Cool down: 5min easy run	Rest	30min run - mod/hard pace	10K
<b>9</b>	Rest	30min easy run	Rest	Warm up: 15min run 6-8 x 2min efforts up a hill + jog down for a full recovery before starting the next repeat Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
<b>10</b>	Rest	30min easy run	Rest	Warm up: 15min run 6-8 x 2min efforts up a hill + jog down for a full recovery before starting the next repeat Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
<b>11</b>	Rest	30min easy run	Rest	Warm up: 15min run 6 x 800m faster than target race pace + 90 sec rest Cool down: 5min easy run	Rest	Cross training/Gym	8-10K
<b>12</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy Cool down: 5min easy run	Rest	30min - include 3 x 2min builds	<b>RACE DAY</b>

### BUILDS:

Begin your run at an easy pace, during the middle of the run increase your pace, and then increase it a second time to finish.

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

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**HARD** - Speaking is virtually impossible



# 21.1K INTERMEDIATE

Take on this guide if you've run a few Half Marathons before and are ready to chase the time you've always wanted. Use this plan to score yourself your dream 21.1K goal.

## GOAL = TO RUN A HALF MARATHON & PB!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	30min easy run	Rest	Warm up: 10min run 6 x 3min mod/hard run + 1min walk Cool down: 6min easy run	Rest	Cross training/Gym/ easy 30-40min run	8-10K
<b>2</b>	Rest	30min easy run	Rest	Warm up: 10min run 6 x 3min mod/hard run + 1min walk Cool down: 6min easy run	Rest	Cross training/Gym/ easy 30-40min run	10-12K
<b>3</b>	Rest	30min easy run	Rest	Warm up: 6min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	40min run including a 20min tempo	12-14K
<b>4</b>	Rest	40min easy run	Rest	Warm up: 6min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	14-16K
<b>5</b>	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym/ easy 30-40min run	16-18K
<b>6</b>	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym/ easy 30-40min run	16-18K
<b>7</b>	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Easy 30min run	10K (RACE PACE)
<b>8</b>	Rest	30min easy run	Rest	Warm up: 10min run 2 x 90sec fast/90 sec easy + 4 x 60sec fast/60sec easy + 4x30sec fast/30sec easy, 4x15sec fast/15sec easy Cool down: 5min easy run	Rest	40min run including a 20min tempo	18-20K
<b>9</b>	Rest	30min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	20-22K
<b>10</b>	Rest	30min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	20-22K
<b>11</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 800m mod/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	12-15K
<b>12</b>	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run	<b>RACE DAY</b>

### TEMPO:

A run that's faster than moderate pace but not exactly hard.

### LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

### EFFORT KEY:

**EASY** - You can hold a conversation | **MODERATE** - You can say short phrases  
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