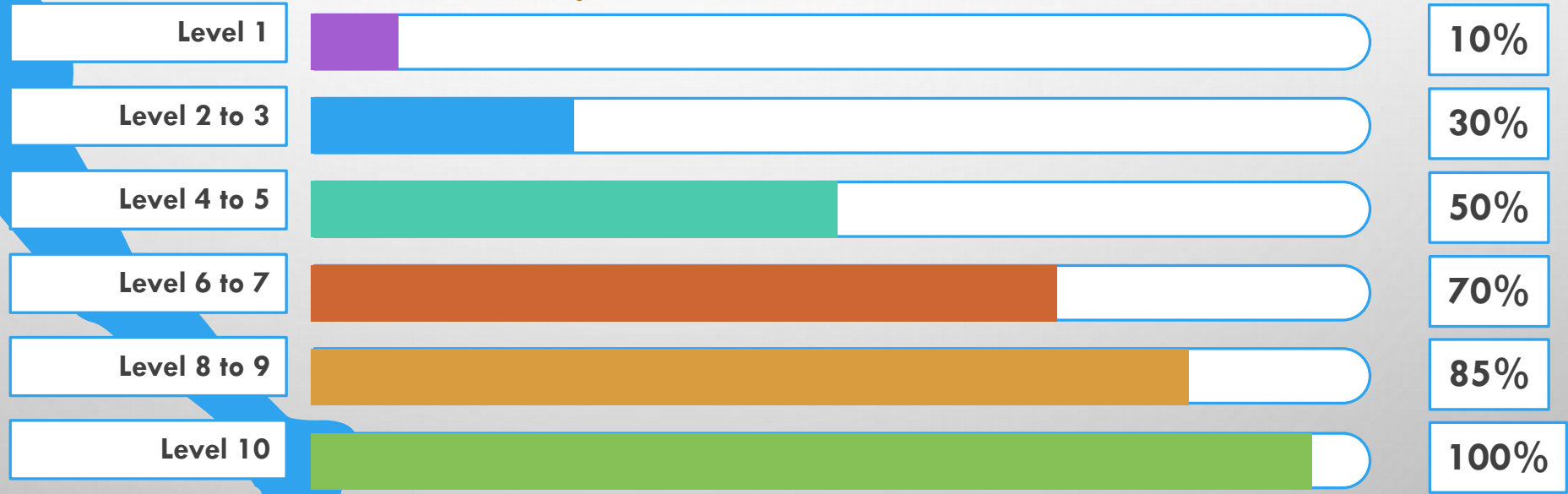
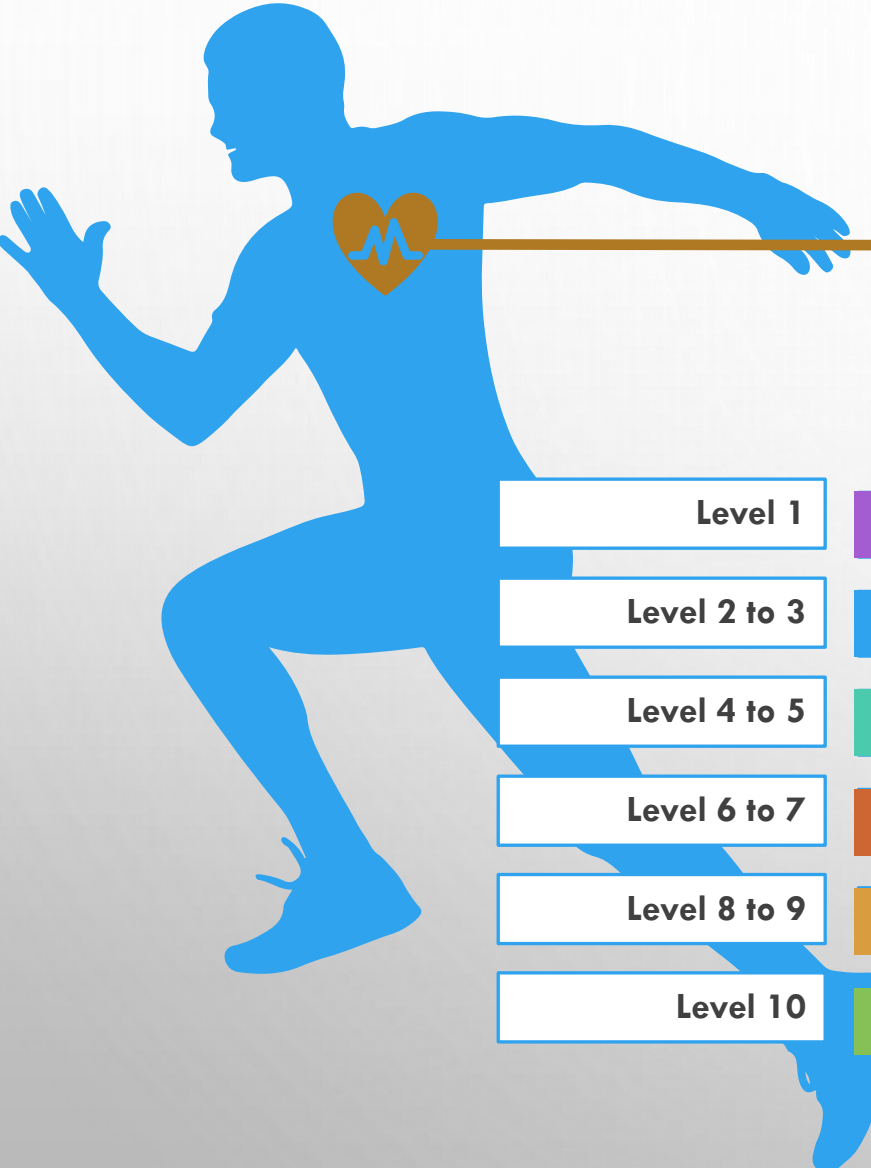




Top Form Athletic Club

10 Week Couch to 10km Programme

LEVEL OF EFFORT (RPE)





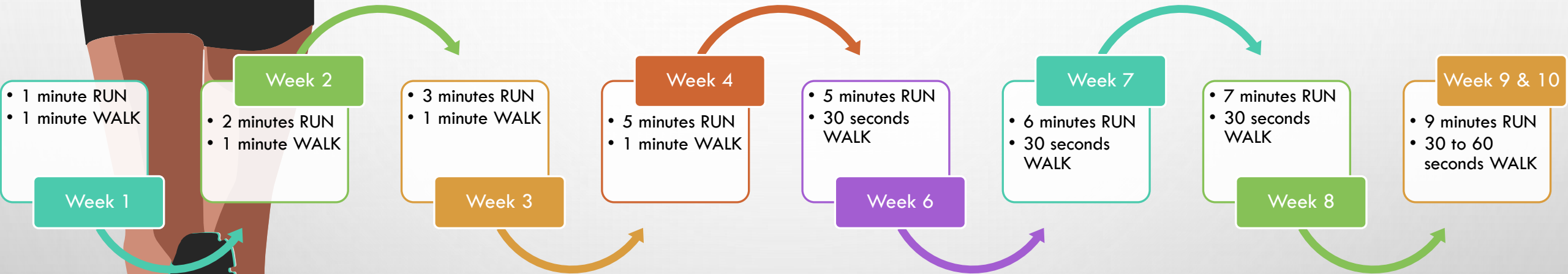
10 WEEK PROGRAMME



	Monday: Range Road Hall @ 6:30pm	Tuesday: Rondebosch Common @ 5pm	Wednesday: Sniper @ 5pm	Thursday: Glenferrie Park @ 5:30pm	Friday	Saturday: Will be Shared each week	Sunday
Week 1	Stretch and strength	30 Minutes Run-Walk RPE - 4	30 Minutes Run-Walk RPE - 4	30 Minutes Run-Walk RPE - 4	Rest	5km Run-Walk RPE - 5	Rest
Week 2	Stretch and strength	30 Minutes Run-Walk RPE - 4	30 Minutes Run-Walk RPE - 4	30 Minutes Run-Walk RPE - 4	Rest	5km Run-Walk RPE - 5	Rest
Week 3	Stretch and strength	35 Minutes Run-Walk RPE - 4	35 Minutes Run-Walk RPE - 4	35 Minutes Run-Walk RPE - 4	Rest	6km Run-Walk RPE - 5	Rest
Week 4	Stretch and strength	35 Minutes Run-Walk RPE - 5	35 Minutes Run-Walk RPE - 5	35 Minutes Run-Walk RPE - 5	Rest	6km Run-Walk RPE - 6	Rest
Week 5	Stretch and strength	40 Minutes Run-Walk RPE - 6	40 Minutes Run-Walk RPE - 5	40 Minutes Run-Walk RPE - 5	Rest	6km Run-Walk RPE - 6	Rest
Week 6	Stretch and strength	40 Minutes Run-Walk RPE - 6	40 Minutes Run-Walk RPE - 5	40 Minutes Run-Walk RPE - 5	Rest	6km Run-Walk RPE - 6	Rest
Week 7	Stretch and strength	40 Minutes Run-Walk RPE - 7	40 Minutes Run-Walk RPE - 6	40 Minutes Run-Walk RPE - 6	Rest	7km Run-Walk RPE - 6	Rest
Week 8	Stretch and strength	45 Minutes Run-Walk RPE - 7	45 Minutes Run-Walk RPE - 6	45 Minutes Run-Walk RPE - 6	Rest	7km Run-Walk RPE - 6	Rest
Week 9	Stretch and strength	50 Minutes Run-Walk RPE - 7	50 Minutes Run-Walk RPE - 6	50 Minutes Run-Walk RPE - 6	Rest	8km Run-Walk RPE - 6	Rest
Week 10	Stretch and strength	30 Minutes Run-Walk RPE - 7	30 Minutes Run-Walk RPE - 7	Rest	Rest	Rest	RACE DAY OMMIEDRAAI 10KM



GUIDANCE FOR WALKING





FINAL WORDS....

Try to attend the strength class and do 3 runs for the week.

Note that the coaches on duty will differ from time to time.

Also note that indicated training times will change as the programme progresses.

GOOD LUCK!!!



Plan your
weeks



Wear Proper
Shoes



Hydrate
Properly