

# Running Divas 12 Week 15 Km Including parkrun Run Program

This program is for an intermediate level of runner who can run 6kms when starting.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Running Divas Strength program	Warm up drills 1km easy run X 2 200m X 2 400m Rest 2mins in between each sprint or until HR drops Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 1km steady & 1km faster for 4kms Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 6kms Stretch & foam roll
2	Running Divas Strength program	Warm up drills 1km easy run X 4 1km sprints Rest 2mins in between each sprint or until HR drops 1km easy run Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 2kms steady & 2kms faster for 4kms Stretch & foam roll	Rest	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 8kms Stretch & foam roll
3	Running Divas Strength program	Warm up drills 1km easy run X 4 100m X 2 400m X 2 200m Rest 2mins in between each sprint or until HR drops Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 1km steady & 1km faster for 5kms Stretch & foam roll	Rest	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 10kms Stretch & foam roll





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4	Running Divas Strength program	Warm up drills 1km easy run X 5 1km sprints Rest 2mins in between each sprint or until HR drops 1km easy run Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 2kms steady & 2kms faster for 6kms Stretch & foam roll	Rest	Warm up drills Park Run Flat our pace Stretch & foam roll	Warm up drills Run 8kms Stretch & foam roll
5	Running Divas Strength program	Warm up drills 1km easy run X 6 100m X 3 400m X 4 200m Rest 2mins in between each sprint or until HR drops Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 2kms steady & 3kms faster for 5kms Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 12kms Stretch & foam roll
6	Running Divas Strength program	Warm up drills 1km easy run X 4 1km sprints Rest 2mins in between each sprint or until HR drops 1km easy run Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 2kms steady & 2kms faster for 4kms Stretch & foam roll	Rest	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 14kms Stretch & foam roll





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7	Running Divas Strength program	Warm up drills 1km easy run X 8 100m X 4 400m X 2 200m Rest 2mins in between each sprint or until HR drops Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 1km steady & 2kms faster for 6kms Stretch & foam roll	Rest	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 16kms Stretch & foam roll
8	Running Divas Strength program	Warm up drills 1km easy run X 5 1km sprints Rest 2mins in between each sprint or until HR drops 1km easy run Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 1km steady & 1km faster for 5kms Stretch & foam roll	Rest	Warm up drills Park Run Flat out pace Stretch & foam roll	Warm up drills Run 10kms Stretch & foam roll
9	Running Divas Strength program	Warm up drills 1km easy run X 4 400m X 2 200m X 1 800m Rest 2mins in between each sprint or until HR drops Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 2kms steady & 2kms faster for 4kms Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 12kms Stretch & foam roll



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10	Running Divas Strength program	Warm up drills 1km easy run X 4 1km sprints Rest 2mins in between each sprint or until HR drops 1km easy run Stretch foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 1km steady & 2kms faster for 6kms Stretch & foam roll	Rest	Warm up drills Park Run Steady Stretch & foam roll	Warm up drills Run 10kms Stretch & foam roll
11	Running Divas Strength program	Warm up drills Run Steady 7kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run Steady 6kms Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 8kms Stretch & foam roll
12	Running Divas Strength program	Warm up drills Run Steady 7kms Stretch & foam roll	Xtraining 45mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run Steady 6kms Stretch & foam roll	Warm up drills Run Steady 5kms Stretch & foam roll	Rest	Warm up drills 15km Event