



Running Divas 12 Week 10 Km Including Parkrun Run Program

This program is for all levels of runners and includes a weekly Park Run as part of your training. You need to be able to run a continuous 4kms before starting this program.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Running Divas Strength program	Warm up drills 500m easy run X 2 200m sprints X 2 400m sprints Rest 2mins in between each sprint 500m easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 4kms 1km steady, 1km faster for the distance Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 4kms Steady pace Stretch & foam roll
2	Running Divas Strength program	Warm up drills 500m easy run X 3 200m sprints X 3 400m sprints Rest 2mins in between each sprint 500m easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 500m easy run X 4 hill sprints 300m Rest 2 mins in between each sprint 500m easy run Stretch & foam roll	Rest	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 5kms Steady pace Stretch & foam roll
3	Running Divas Strength program	Warm up drills 500m easy run X 2 400m sprints X 2 600m sprints Rest 1min in between each sprint 500m easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 5kms 1km steady, 1km faster for the distance Stretch & foam roll	Rest	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 6kms Steady pace Stretch & foam roll



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4	Running Divas Strength program	Warm up drills 1km easy run X 3 400m sprints X 3 600m sprints Rest 2mins in between each sprint 1km easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run X 6 hill sprints 300m Rest 2mins between each sprint 1km easy run Stretch & foam roll	Rest	Warm up drills Park Run Flat our pace Stretch & foam roll	Warm up drills Run 7kms Steady pace Stretch & foam roll
5	Running Divas Strength program	Warm up drills 1km easy run X 2 600m sprints X 2 800m sprints Rest 2mins in between each sprint 1km easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run Run 6kms 1km steady, 1km faster for the distance Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 4kms Steady pace Stretch & foam roll
6	Running Divas Strength program	Warm up drills 1km easy run X 3 600m sprints X 3 800m sprints Rest 1min in between each sprint 1km easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills 1km easy run X 4 hill sprints 400m Rest 2mins between each sprint 1km easy run Stretch & foam roll	Rest	Warm up drills Park Run Steady pace Stretch & foam roll	Warm up drills Run 8kms Steady pace Stretch & foam roll



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7	Running Divas Strength program	Warm up drills 1km easy run X 4 200m sprints X 4 400m sprints Rest 1.5mins in between each sprint 1km easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 4kms 1km steady, 1km faster for the distance Stretch & foam roll	Rest	Warm up drills Park Run Faster pace Stretch & foam roll	Warm up drills Run 9kms Steady pace Stretch & foam roll
8	Running Divas Strength program	Warm up drills 1km easy run X 6 200m sprints X 6 400m sprints Rest 1.5mins in between each sprint 1km easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run Hills X 6 Hill Sprints 400m Walk back down hill & repeat 1km easy run Stretch & foam roll	Rest	Warm up drills Park Run Flat out pace Stretch & foam roll	Warm up drills Run 10kms Steady pace Stretch & foam roll
9	Running Divas Strength program	Warm up drills 1 km easy run X 4 400m sprints X 4 600m sprints Rest 1.5mins in between each sprint 1km easy run Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 5kms 1km steady, 1km faster for the distance Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 10kms Steady pace Stretch & foam roll

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10	Running Divas Strength program	Warm up drills X 6 400m sprints X 4 800m sprints Rest 1min in between each sprint Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run Hills X 8 hill sprints 300m Walk back down hill then repeat Stretch & foam roll	Rest	Warm up drills Park Run Steady Stretch & foam roll	Warm up drills Run 6kms Steady pace Stretch & foam roll
11	Running Divas Strength program	Warm up drills Run 5kms Steady Stretch & foam roll	Xtraining 30mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 6kms 1km steady, 1km faster for the distance Stretch & foam roll	Rest	Warm up drills Park Run Easy pace Stretch & foam roll	Warm up drills Run 8kms Steady pace Stretch & foam roll
12	Running Divas Strength program	Warm up drills Run 5kms Steady Stretch & foam roll	Rest	Xtraining 30mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 5kms Steady Stretch & foam roll	Rest	Warm up drills 10km Event

