



Absa RUN YOUR CITY CAPE TOWN 10K

Training Plan: Couch to 10km in 4 weeks

So, your friend has told you about a fun 10km race happening in 4 weeks' time...But! You have not run in ages. Would it be possible for you to complete 10km safely in 4 weeks' time? Assuming that you are otherwise in good health, do not have pre-existing orthopaedic injuries and have some base level of fitness, then the answer is yes.

This is your 4-week programme to help get you to the start and finish line of the Absa RUN YOUR CITY CAPE TOWN 10K race. Given the limited time available, it is important that you are consistent with your training and follow the plan as closely as possible. Whether you run the whole way on the day or run-walk, the aim is finishing 10km safely and having fun!

Please take note of the key below explaining the abbreviations used in the programme, as well as the 'RPE' or Rating of perceived exertion scale for guiding the intensity of your training sessions. All the best in your preparations!

Key

WU: Warm Up
Main: Main set
CD: Cool Down
RPE: Rate of Perceived Exertion

Rating of Perceived Exertion (RPE Scale)	
10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1 18-24 April	REST	WU: 5 minute walk (RPE 2); Main: 5 sets: 3 min run (RPE 4); 2 min walk (RPE 2) CD: 5 minute walk	REST	WU: 5 minute walk (RPE 2) Main: 4 sets: 5 min run (RPE 4); 2 min walk (RPE 2) CD: 5 minute walk	REST	WU: 5 minute walk (RPE 2); Main: 4 sets: 6 min run (RPE 5); 2 min walk (RPE 2) CD: 5 minute walk	REST
Week 2 25 April – 1 May	REST	WU: 5 minute walk (RPE 2); Main: 3 sets: 10 min run (RPE 6); 2 min walk (RPE 2) CD: 5 minute walk	REST	WU: 5 minute walk (RPE 2); Main: 2 sets: 15 min run (RPE 6) 3 min walk (RPE 3) CD: 5 minute walk	REST	WU: 5 minute walk (RPE 3); Main: 5 km run (walk as needed) (RPE 6-7) CD: 5 minute walk	REST
Week 3 2 – 8 May	REST	WU: 5 minute walk (RPE 3); Main: 2 sets: 20 min run (RPE 5) 3 min walk (RPE 3) CD: 5 min walk	REST	WU: 5 minute walk (RPE 3); Main: 35 min run (walk as needed) (RPE 6) CD: 5 minute walk	REST	WU: 5 minute walk (RPE 3) Main: 7 km run (walk as needed) (RPE 6-7) CD: 5 minute walk	REST

Week 4 9 – 15 May	REST	WU: 5 minute walk (RPE 3); Main: 2 sets: 25 min run (RPE 6) 3 min walk CD: 5 minute walk	REST	WU: 5 minute walk (RPE 3); Main: 30 min run (RPE 5) CD: 5 minute walk	REST	REST	Absa RUN YOUR CITY CAPE TOWN 10K RACE DAY
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