



# Running Divas 16 Week 10 Km Beginner Run Program

This program is for beginner runners with little or no experience at the 10km distance. The 16 weeks allows you to very gradually build up and feel strong at this distance. You are starting at being able to run 2kms for this program but you could be starting from zero. 10kms at Carman's Women's Fun Run here you come.

**Do you want the full program – Go to [www.runningdivas.com.au](http://www.runningdivas.com.au) to either purchase this program or become a member**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Xtraining 40mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run easy for 200m & 200m faster for 2kms Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run X 4 200m hill sprint Walk down in between Or Treadmill Stretch & foam roll	Running Divas Strength program	Warm up drills Run 2kms Easy pace Stretch & foam roll	Rest
2	Xtraining 40mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run easy for 200m & 200m faster for 3kms Stretch & foam roll	Running Divas Strength program	Warm up drills 1km easy run X 6 200m hill sprint Walk down in between Or Treadmill Stretch & foam roll	Running Divas Strength program	Warm up drills Run 3kms Easy pace Stretch & foam roll	Rest