

Start Running Group (SRG) - 13 Week 10km Program

Note:

Each digit in the sequence column represents a 'run' interval (in minutes).

Walk intervals are not shown with a digit in the sequence column, but follow every run interval.

A 'black' digit for the run interval is followed by a 1 minute walk.

A 'red' digit for the run interval is followed by a 2 minute walk.

(There is only ever a 1 or 2 minute walk interval.)

Example: 1 2 3 2 1 represents

1 minute run / 1 minute walk

2 minute run / 1 minute walk

3 minute run / 2 minute walk

2 minute run / 1 minute walk

1 minute run / 1 minute walk

Session Number	Total Time	Time Running	Time Walking	Sequence. (See note)	Run/Walk (For Watch/Phone Programming)
Week 1 Session 1	15 mins	5 mins	10 mins	1 1 1 1 1	12 x5
Week 1 Session 2	30 mins	10 mins	20 mins	1 1 1 1 1 1 1 1 1 1	12 x10
Week 1 Session 3	30 mins	10 mins	20 mins	1 1 1 1 1 1 1 1 1 1	12 x10
Week 2 Session 1	26 mins	10 mins	16 mins	1 1 1 1 1 1 1 1 1 1	12 11 12 11 12 x2
Week 2 Session 2	26 mins	12 mins	14 mins	1 1 1 1 1 1 1 1 1 1 1 1	12 11 11 11 11 11 x2
Week 2 Session 3	30 mins	15 mins	15 mins	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	11 x15
Week 3 Session 1	32 mins	16 mins	16 mins	1 1 1 2 1 1 1 2 1 1 1 2 1	11 11 11 22 x3, 11 x1
Week 3 Session 2	32 mins	16 mins	16 mins	1 1 1 2 1 1 1 2 1 1 1 2 1	11 11 11 22 x3, 11 x1
Week 3 Session 3	29 mins	16 mins	13 mins	1 1 1 2 1 1 1 2 1 1 1 2 1	11 11 11 21 x3, 11 x1
Week 4 Session 1	32 mins	18 mins	14 mins	1 1 2 1 1 2 1 1 2 1 1 2 1 1	11 11 21 x4, 11 x2
Week 4 Session 2	37 mins	21 mins	16 mins	1 1 2 1 1 2 1 3 1 2 1 1 2 1 1	11 x1, 11 21 11 x2, 32 x1, 11 21 11 x2, 11 x1
Week 4 Session 3	41 mins	24 mins	17 mins	1 2 1 2 1 3 1 2 1 3 1 2 1 2 1	11 21 x2, 11 32 11 21 11 32 11 x1, 21 11 x2
Week 5 Session 1	43 mins	26 mins	17 mins	1 2 1 3 2 2 1 3 2 2 1 3 2 1	11 21 11 x1, 32 21 21 11 x2, 32 21 11 x1
Week 5 Session 2	44 mins	27 mins	17 mins	1 2 2 1 3 2 2 1 3 2 2 1 3 2	11 21 21 11 x1, 32 21 21 11 x2, 32 21 x1
Week 5 Session 3	44 mins	27 mins	17 mins	2 2 3 1 2 3 1 2 3 2 2 3 1	21 x1, 21 32 11 x2, 21 32 21 21 32 11 x1
Week 6 Session 1	41 mins	29 mins	12 mins	2 3 2 3 2 5 2 3 2 3 2	21 31 x2, 21 52 21 x1, 31 21 x2
Week 6 Session 2	42 mins	30 mins	12 mins	2 3 5 2 3 2 3 5 3 2	21 31 52 x1, 21 31 x2, 52 31 21 x1
Week 6 Session 3	45 mins	34 mins	11 mins	2 3 5 3 8 3 5 3 2	21 31 52 31 81 31 52 31 21 x1
Week 7 Session 1	49 mins	39 mins	10 mins	2 5 3 8 5 3 8 5	21 51 x1, 31 82 51 x2
Week 7 Session 2	48 mins	39 mins	9 mins	5 8 8 5 8 5	51 82 x1, 82 51 x2
Week 7 Session 3	44 mins	38 mins	6 mins	8 5 12 5 8	81 51 122 51 81 x1
Week 8 Session 1	46 mins	40 mins	6 mins	15 2 15 8	152 21 152 81 x1
Week 8 Session 2	37 mins	32 mins	5 mins	15 2 15	152 21 152 x1
Week 8 Session 3	40 mins	40 mins	0 mins	Run 5km	
Week 9 Session 1	44 mins	40 mins	4 mins	10 10 10 10	101 x4
Week 9 Session 2	48 mins	45 mins	3 mins	15 15 15	151 x3
Week 9 Session 3	53 mins	50 mins	3 mins	20 10 20	201 101 201 x1
Week 10 Session 1	44 mins	40 mins	4 mins	10 10 10 10	101 x4
Week 10 Session 2	47 mins	45 mins	2 mins	20 25	201 251 x1
Week 10 Session 3	53 mins	50 mins	3 mins	20 10 20	201 101 201 x1
Week 11 Session 1	38 mins	35 mins	3 mins	10 15 10	101 151 101 x1
Week 11 Session 2	53 mins	50 mins	3 mins	15 20 15	151 201 151 x1
Week 11 Session 3	68 mins	65 mins	3 mins	20 30 15	201 301 151 x1
Week 12 Session 1	41 mins	40 mins	1 mins	40	401 x1
Week 12 Session 2	58 mins	55 mins	3 mins	20 15 20	201 151 201 x1
Week 12 Session 3	62 mins	60 mins	2 mins	30 30	301 x2
Week 13 Session 1	41 mins	40 mins	1 mins	40	401 x1
Week 13 Session 2	44 mins	40 mins	4 mins	10 10 10 10	101 x4
Week 13 Session 3	70 mins	70 mins	0 mins	Run 10Km	