

# LET YOUR MIND RUN FREE



10KM 8-WEEK TRAINING PLAN

WEEK ONE

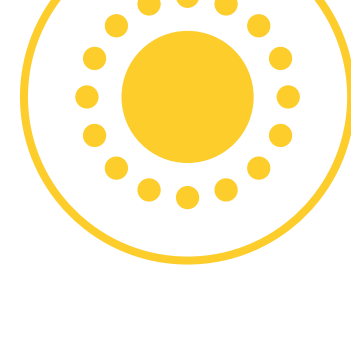


## 10KM 8-WEEK TRAINING PLAN



### Sunday Long Run

Your longest run of the week. Here's where you build your mental and physical strength.



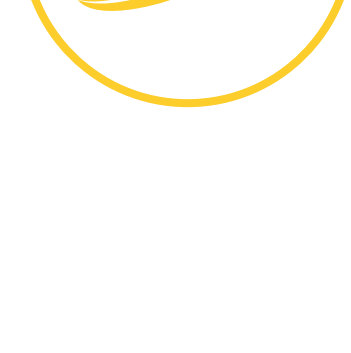
### Monday Meditation

Don't think of this as a day off, think of this as your time to reset your mind and body in preparation for the training ahead.



### Tuesday & Friday Easy Run

Loosen up those legs and keep it light as you get fired up for tomorrow's workout.



### Wednesday Speed

Work hard now and reap the benefits come race day.



### Thursday Strength Day

A runner's secret weapon to staying strong and speedy.



### Saturday Yoga

The perfect tool to ease tired muscles and build strength.

**TEMPO** 20 to 30 sec slower than race pace

**WU** Warm Up

**CD** Cool Down

**RP** Race Pace

**EASY PACE** 45 to 60 sec slower than race pace

## Week One

SUN

**Easy**

15 min

MON

**Meditation**

TUE

**Easy**

15 min

WED

**Meditation**

THU

**Strength**

FRI

**Easy**

15 min

SAT

**Yoga**

WEEK TWO



# Week Two

SUN	Easy 20 min
MON	Meditation
TUE	Easy 20 min
WED	Meditation
THU	Strength
FRI	Easy 20 min
SAT	Yoga



# Week Three

SUN	Easy 20 min
MON	Meditation
TUE	Easy 20 min
WED	Speed 1km WU + 2km @ RP + 1km CD
THU	Strength
FRI	Easy 5km
SAT	Yoga



# Week Four

SUN	Easy 4-6km
MON	Meditation
TUE	Easy 7km
WED	Speed 3km WU + 4 x 20 sec hard, 40 sec easy + 2km CD
THU	Strength
FRI	Easy 6km
SAT	Yoga



# Week Five

SUN	Easy 6-8km
MON	Meditation
TUE	Easy 7km
WED	Hills 3km WU + 5 x 45 sec hill repeats (hard up, jog down) + 2km CD
THU	Strength
FRI	Easy 6-7km
SAT	Yoga



Week Six

SUN	Easy 8-10km
MON	Meditation
TUE	Easy 7-8km
WED	Speed 2km WU + 3-4km tempo + 2km CD
THU	Strength
FRI	Easy 8km
SAT	Yoga



# Week Seven

SUN	Easy 10-12km
MON	Meditation
TUE	Easy 8-9km
WED	Progression 2km WU + 2km @ 10 sec faster per km + 2km @ RP + 2km CD
THU	Strength
FRI	Easy 9km
SAT	Yoga



# Week Eight

SUN	Easy 8-9km
MON	Meditation
TUE	Easy 8km
WED	Easy 6km or yoga
THU	Meditation
FRI	Easy 3km + 5 x 20 sec strides
SAT	Race Day

LET YOUR MIND  
RUN FREE



RUN 

IN THE

PRESENT

# STRENGTHEN YOUR STRIDE

## WORKOUT

“You run more to run longer. Taking the time to build strength is how we run faster.”

—AARON DE JONG  
AMBASSADOR + TRAINER

This *Strengthen Your Stride* workout was designed to support your run training. It covers everything from your warm-up to strength building and your cool-down so you can stay focused on the road ahead.

### THE WORKOUT: AN OVERVIEW

OPENING	
World’s Greatest Stretch	45 sec
Hip Flexor Reach	45 sec each side
Pike Arch	2 min
ACTIVATION	
Glute Bridge	1 min
Dead Bug	1 min
EXERTION	
Forward Lunge	1 min
Bear Crawl Heel Push	1 min
Side Lunge	1 min
Curtsy Lunge	1 min
Hinge YTWL	1 min
Squat	1 min
RE-OPENING	
90/90 Stretch	1 min each side
Pigeon Stretch	1 min each side
Frogger Stretch	1 min
Alligator Breath	1 min

## OPENING

# Opening

## WORLD'S GREATEST STRETCH

45 SEC



From a plank position, bring your right foot to the outside of your right hand.



Push down through your left hand and reach your right hand up to the sky. Let your eyes follow your right hand.



Alternate sides continuously with breath for 45 seconds.

# Opening

## PIKE ARCH

2 MIN



Start in a downward dog position. On your exhale, push your hips up to the sky.



On your inhale, drop your hips and squeeze your butt while you push your chest forward.



Walk your hands back to your feet until you're in a deep squat. Repeat with each full breath.

# Opening

## HIP FLEXOR REACH

45 SEC / SIDE



Kneel on your right knee with your left foot flat on the floor.



Lengthen your spine while squeezing your right glute tight.



Slide your hips forward while reaching your right arm directly over your head. Hold. After 45 seconds, switch sides.



# Activation

## GLUTE BRIDGE

1 MIN



Lie on your back with your knees bent and your feet flat on the floor. Push your lower back into the floor and squeeze your glutes tight.



On your exhale, lift your hips as high off the ground as possible. Hold.



Lie on your back with your knees bent and your feet flat on the floor. Relax. Repeat.

# Activation

## DEAD BUG

1 MIN



Lie on your back with your arms and legs in the air. Push your ribs into the ground and relax your neck.



On your inhale, extend your right hand and left leg as far away from one another as possible.



Exhale back to centre. Alternate sides with each full breath.

# Exertion

## FORWARD LUNGE

1 MIN



Stand as tall as you can with your hands at chest. Squeeze your glutes.



Step your right leg forward while lowering your left knee towards the floor.



Push through your right foot to stand tall. Repeat on alternating sides.



# Exertion

## BEAR CRAWL HEEL PUSH

1 MIN



Start in a table top position, with your knees beneath your hips and your hands beneath your shoulders. From here, lift both of your knees one inch off the ground.



With a tight core, exhale and extend your left leg as far behind you as possible.



On your inhale, place your left foot on the floor. Repeat on alternating sides with each full breath.

# Exertion

## SIDE LUNGE

1 MIN



Stand as tall as you can with your hands at your chest.



Step left and lower your bum back towards the floor. Keep your right leg straight.



On your exhale, push through your left foot and stand tall. Repeat on alternating sides with each full breath.

# Exertion

## CURTSY LUNGE

1 MIN



Stand tall with your hands at your chest.



Step your right leg behind your left heel (like a curtsy) and drop down towards the floor.



Push through your left foot and stand tall. Repeat on alternating sides.

# Exertion

## HINGE YTWL

1 MIN



Stand tall with your feet hip width apart. Take a bow.



Shift your weight into your heels. Keep your spine long by pushing your butt back and chest forward.



Reach your arms into Y, T, W and L shapes. Repeat.



# Exertion

## SQUAT

1 MIN



Stand tall with your feet hip width apart.



Lower your bum towards the ground, as though you are sitting back into a chair. Touch your elbows to the inside of your knees.



Tighten your core, push your knees apart and exhale to stand tall. Repeat.

# Re-opening

## 90/90 STRETCH

1 MIN / SIDE

Lie on your back.



Bring your right knee up to form a 90° angle.



Pull your right knee across your body to the floor, and hold it here with your left hand. Reach your right arm behind you. Focus on your breath and see if you can relax both shoulders towards the floor. Let gravity win.



# Re-opening

## PIGEON STRETCH

1 MIN



From a downward dog position, bring your right shin across your torso onto the floor.



Gently flex your foot by pulling your toes towards your knee. Lower your weight into your hips.



While you scissor your inner thighs, relax your breath and torso. Hold. After a minute, switch sides.

# Re-opening

## FROGGER STRETCH

1 MIN

Start in a table top position, with your knees beneath your hips and your hands beneath your shoulders.



Widen your knees more than hip width apart.



Drop to your forearms and push your hips back. Relax your breath and gently deepen the stretch, without feeling pain.





# Re-opening

## ALLIGATOR BREATH

2 MIN

Lie down on your back with your knees bent and feet flat on the floor.




Place your right hand on your chest and your left hand on your belly.



Feel your hands rise on your inhale and lower on your exhale. Repeat.



JUST 

GOT

FASTER

# RUNNER'S WARM-UP + COOL-DOWN

## WORKOUT

“Every time we run, we can maximize the workout and minimize the negative effects by moving before—to open the body up—and then after to calm it down.”

—AARON DE JONG  
AMBASSADOR + TRAINER

Stretching before and after a run helps ease your body into and out of a high-impact activity. Activating your muscles before a run can help you maintain good form, while stretching after can help prevent stiffness and soreness from pushing your limits. Plus, it just feels good. Who can argue with that?

### RUNNER'S WARM-UP: AN OVERVIEW

Kneeling Slides/Kick Saves	1 min each side
World's Greatest Stretch	1 min
Pike Arch	2 min
Glute Bridge	1 min
Leg Swing	45 sec each side
Side Lunge	45 sec each side

### RUNNER'S COOL-DOWN: AN OVERVIEW

World's Greatest Stretch	2 min
Hamstring Kneeling Rock	1 min each side
Frogger Stretch	2 min
Pigeon Stretch	1 min each side
Alligator Breath	2 min

## KNEELING SLIDES/KICK SAVES

# Warm-up

## KNEELING SLIDES/KICK SAVES

1 MIN / SIDE



Start in a table top position, with your knees beneath your hips and your hands beneath your shoulders.



Kick your left leg straight out to the side. Place your left foot flat on the ground.



Slide your hips back to your right heel then slide forward. Repeat this sliding motion with each breath. After a minute, switch sides.

# Warm-up

## WORLD'S GREATEST STRETCH

1 MIN



From a plank position, bring your right foot to the outside of your right hand.



Push down through your left hand and reach your right hand up to the sky. Let your eyes follow your right hand.



Alternate sides continuously with breath for one minute.



# Warm-up

## PIKE ARCH

2 MIN



Start in a downward dog position. On your exhale, push your hips up to the sky.



On your inhale, drop your hips and squeeze your butt while you push your chest forward.



Walk your hands back to your feet until you're in a deep squat. Repeat with each full breath.

# Warm-up

## LEG SWING

45 SEC



Stand tall. Hold something for balance if you want.



Kick your right leg behind you as far as you can while staying tall.



Swing your right leg forward as far as you can. Repeat. After 45 seconds, switch sides.

# Warm-up

## SIDE LUNGE

45 SEC



Stand as tall as you can with your hands at your chest.



Step left and lower your bum back towards the floor. Keep your right leg straight.



On your exhale, push through your left foot and stand tall. Repeat. After 45 seconds, switch sides.





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# Cool-down

## WORLD'S GREATEST STRETCH 2 MIN



From a plank position, bring your right foot to the outside of your right hand.



Push down through your left hand and reach your right hand up to the sky. Let your eyes follow your right hand.



Alternate sides continuously with breath for two minutes.

# Cool-down

## HAMSTRING KNEELING ROCK

1 MIN / SIDE



Kneel on your right knee and slide your left foot forward.



Lean your hips back and straighten your left leg. Bow your head over your left knee and place your hands on the floor.



Hold. After a minute, ease back to kneeling then switch sides.

# Cool-down

## FROGGER STRETCH

2 MIN



Start in a table top position, with your knees beneath your hips and your hands beneath your shoulders.



Widen your knees more than hip width apart.



Drop to your forearms and push your hips back. Relax your breath and gently deepen the stretch, without stretching into a pain position.

# Cool-down

## PIGEON STRETCH

1 MIN / SIDE



From a downward dog position, bring your right shin across your torso onto the floor.



Gently flex your foot by pulling your toes towards your knee. Lower your weight into your hips.



While you scissor your inner thighs, relax your breath and torso. Hold. After a minute, switch sides.



# Cool-down

## ALLIGATOR BREATH

2 MIN



Lie down on your back with your knees bent and feet flat on the floor.



Place your right hand on your chest and your left hand on your belly.



Feel your hands rise on your inhale and lower on your exhale. Repeat.

AAAAND

GO

