

10 Week Programme - Beginners

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Endurance Sport Coaching and Products

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Week Starting	Weeks to go	Monday	Tuesday*	Wednesday	Thursday	Friday	Saturday	Sunday
31-Aug	9	20min jog	25min jog	rest	20min jog	rest	30min jog	rest
7-Sep	8	20min jog	30min jog	rest	20min jog	rest	30min jog	rest
14-Sep	7	25min jog	35min jog	rest	25min jog	rest	35min jog	rest
21-Sep	6	30min jog	40min jog	rest	30min jog	rest	35min jog	rest
28-Sep	5	30min jog	35min run incl 4 x 1min steady/ 1min easy	rest	35min jog	rest	40min steady	20min jog

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Week Starting	Weeks to go	Monday	Tuesday*	Wednesday	Thursday	Friday	Saturday	Sunday
5-Oct	4	35min jog	40min run incl 5 x 1min steady/ 1min easy	rest	35min jog	rest	45min steady	20min jog
12-Oct	3	35min steady	35min run incl 4 x 2min steady/ 1min easy	rest	35min steady	rest	50min steady	20min jog
19-Oct	2	30min steady	40min run incl 5 x 2min steady/ 1min easy	rest	40min steady	rest	60min steady	25min jog
26-Oct	1	30min steady	40min run incl 6 x 2min steady/ 1min easy	rest	45min steady	rest	45min steady	25min jog
2-Nov	Race week	30min jog	40min jog	rest	30min jog	20min jog	rest	Tauranga Bays to Bridges

* Group runs are organised by Craig from itri.co.nz and are held on Tuesday evening at 5:30pm from the Tauranga Domain.
These runs may vary from this programme.