

# 10 KILOMETERS BEGINNER RACE MONTH 1



PRÉSENTÉ PAR

**beneva**

UNE COLLABORATION DE

**rouge FM**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



Walk 10 minutes  
**3X (1' run / 1' walk)**  
Walk 5 minutes



REST



Walk 10 minutes  
**4X (1' run / 1' walk)**  
Walk 5 minutes



REST



Walk 10 minutes  
**5X (1' run / 1' walk)**  
Walk 5 minutes



Walk 10 minutes  
**6X (1' run / 1' walk)**  
Strengthening



REST

WEEK 2



Walk 15 minutes  
**7X (1' run / 1' walk)**  
Walk 5 minutes



REST



Walk 10 minutes  
**8X (1' run / 1' walk)**  
Walk 5 minutes



REST



Walk 10 minutes  
**9X (1' run / 1' walk)**  
Walk 5 minutes



Walk 10 minutes  
**10X (1' run / 1' walk)**  
Strengthening



REST

WEEK 3



Walk 15 minutes  
**11X (1' run / 1' walk)**  
Walk 5 minutes



REST



Walk 10 minutes  
**12X (1' run / 1' walk)**  
Walk 5 minutes



REST



Walk 10 minutes  
**13X (1' run / 1' walk)**  
Walk 5 minutes



Walk 10 minutes  
**14X (1' run / 1' walk)**  
Strengthening



REST

WEEK 4



Walk 10 minutes  
**15X (1' run / 1' walk)**  
Walk 10 minutes



REST



Walk 10 minutes  
**7X (2' run / 1' walk)**  
Walk 10 minutes



REST



Walk 10 minutes  
**8X (2' run / 1' walk)**  
Walk 10 minutes



Walk 10 minutes  
**9X (2' run / 1' walk)**  
Strengthening



REST

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down

# 10 KILOMETERS BEGINNER RACE MONTH 2



PRÉSENTÉ PAR

**beneva**

UNE COLLABORATION DE

**rouge FM**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



Walk 5 minutes  
**10X (2' run / 1' walk)**  
Walk 5 minutes



**REST**



Walk 5 minutes  
**11X (2' run / 1' walk)**  
Walk 5 minutes



**REST**



Walk 5 minutes  
**12X (2' run / 1' walk)**  
Walk 5 minutes



Walk 10 minutes  
**13X (2' run / 1' walk)**  
Strengthening



**REST**

WEEK 2



Walk 5 minutes  
**14X (2' run / 1' walk)**  
Walk 5 minutes



**REST**



Walk 5 minutes  
**15X (2' run / 1' walk)**  
Walk 5 minutes



**REST**



Walk 5 minutes  
**8X (3' run / 1' walk)**  
Walk 5 minutes



Walk 5 minutes  
**8X (3' run / 1' walk)**  
Strengthening



**REST**

WEEK 3



Walk 5 minutes  
**10X (3' run / 1' walk)**  
Walk 5 minutes



**REST**



Walk 5 minutes  
**11X (3' run / 1' walk)**  
Walk 5 minutes



**REST**



Walk 5 minutes  
**12X (3' run / 1' walk)**  
Walk 5 minutes



Walk 5 minutes  
**7X (4' run / 1' walk)**  
Strengthening



**REST**

WEEK 4



Walk 5 minutes  
**8X (4' run / 1' walk)**  
Walk 10 minutes



**REST**



Walk 5 minutes  
**9X (4' run / 1' walk)**  
Walk 10 minutes



**REST**



Walk 5 minutes  
**5X (5' run / 1' walk)**  
Walk 10 minutes



Walk 5 minutes  
**6X (5' run / 1' walk)**  
Strengthening



**REST**

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down

# 10 KILOMETERS BEGINNER RACE MONTH 3



PRÉSENTÉ PAR

**beneva**

UNE COLLABORATION DE

**rouge FM**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



Walk 5 minutes

**9X (4' run / 1' walk)**

Walk 5 minutes



**REST**



Walk 5 minutes

**10X (4' run / 1' walk)**

Walk 5 minutes



**REST**



Walk 5 minutes

**11X (4' run / 1' walk)**

Walk 5 minutes



Walk 10 minutes

**13X (2' run / 1' walk)**

Strengthening



**REST**

WEEK 2



Walk 5 minutes

**7X (5' run / 1' walk)**

Walk 5 minutes



**REST**



Walk 5 minutes

**8X (5' run / 1' walk)**

Walk 5 minutes



**REST**



Walk 5 minutes

**9X (5' run / 1' walk)**

Walk 5 minutes



Walk 5 minutes

**10X (5' run / 1' walk)**

Strengthening



**REST**

WEEK 3



Walk 5 minutes

**6X (7' run / 1' walk)**

Walk 5 minutes



**REST**



Walk 5 minutes

**7X (7' run / 1' walk)**

Walk 5 minutes



**REST**



Walk 5 minutes

**4X (9' run / 1' walk)**

Walk 5 minutes



Walk 5 minutes

**5X (9' run / 1' walk)**

Strengthening



**REST**

WEEK 4



Walk 5 minutes

**6X (9' run / 1' walk)**

Walk 10 minutes



**REST**



Walk 5 minutes

Run 50'

Walk 10 minutes



**REST**



Walk 5 minutes

**3X (4' run / 1' walk)**

Strengthening



**REST**



**DÉFI ENTREPRISES**

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down