

turtle method™



OCTAGON
challenge 3.0

FROM COUCH TO 10KM





WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	5 mins easy, 5 min walk, 5 min easy	REST DAY	5 mins easy, 5 min walk, 5 min easy	REST DAY	10 mins easy warm up, 6x (1 min run, 1 min easy)	REST DAY	Virtual Run
2	15 mins easy, 15 mins run	REST DAY	15 mins easy, 15 mins run	REST DAY	5 mins slow jog, Pyramid session. 2 mins RUN, 3 mins, 4 mins, 3 mins 2 mins. All with 60 secs slow jog recovery.	REST DAY	Virtual Run
3	30 mins easy jog	REST DAY	30 mins easy jog	REST DAY	10 mins warm up, Tempo: Try to hold a tempo pace for 10 mins. 10 mins easy jog	REST DAY	Virtual Run
4	15 mins easy jog, 25 mins run	REST DAY	15 mins easy jog, 25 mins run	REST DAY	10 mins warm up. 5-6x (60 secs, 90 secs, 120 secs run with 30 secs slow jog recovery between each one).	REST DAY	Virtual Run
5	40 mins easy jog	REST DAY	40 mins easy jog	REST DAY	10 mins warm up, Tempo: Try to hold a tempo pace for 15 mins. 15 mins easy jog	REST DAY	Virtual Run
6	20 mins easy jog, 25 mins run	REST DAY	20 mins easy jog, 25 mins run	REST DAY	10 mins warm up. Progressive session. 20 mins progressive run (see the guided run session (https://www.youtube.com/watch?v=16KF8ZclAmg) or every two mins slightly increase your pace).	REST DAY	Virtual Run
7	45 mins easy jog	REST DAY	45 mins easy jog	REST DAY	10 mins slow jog, Pyramid session. 2 mins RUN, 4 mins, 6 mins, 4 mins 2 mins. All with 60 secs slow jog recovery.	REST DAY	Virtual Run
8	40 mins easy jog, 15 mins run	REST DAY	40 mins easy jog, 15 mins run	REST DAY	10 mins warm up. Progressive session. 20 mins progressive run (see the guided run session (https://www.youtube.com/watch?v=16KF8ZclAmg) or every two mins slightly increase your pace). Finish with a slow 10 mins easy jog	REST DAY	Virtual Run



WARM UP:	Here is a great guided warm up for you: https://www.youtube.com/watch?v=uH0oWl8un5Y&t=10s
WALK:	Take this nice and easy, but make sure you have the right footwear on. Treat this like a workout and wear appropriate clothing. Part of the process is about preparing the mind as much as the body.
FAST WALK:	When fast walking really focus on breathing and using your arms to drive your body. This shouldn't be a relaxed walk, you should be walking with purpose- I recommend listening to some music and focusing on maintaining a good walking pace.
SLOW JOG:	A slow jog is all about the manor in which it is performed rather than the speed. So focus on shortening your stride and taking more steps, move your arms in time with your feet. The pace should in reality not be too different to a fast walk but the style is different to a walking stride.
JOG:	There is no wrong way to jog so if you want to take walking breaks then please do, use them to catch your breath and get back to a gentle jog again. Be purposeful with your jog, intention is important.
EASY:	Easy pace should be conversational and you should find breathing is very manageable and not difficult. If you find yourself struggling to talk or breathe then slow down the pace.
RUN	You might have to stop the talking for this one, this isn't too fast or hard at all, but imagine you are running with a friend and still talking but only in shorter sentences as you are having to breathe harder.
TEMPO:	Tempo is the next level up from a run. You have to focus on breathing and if someone was talking to you, you might only be able to reply in one word answers. You need to focus on your breathing and running. Push the pace so it feels like its becoming a little bit more difficult.
PROGRESSIVE:	A run which starts slower and builds into a faster run. Here is a great guided progression run for the 10km series: https://www.youtube.com/watch?v=16KF8ZclAmg



MILE PACE CHART








Goal Marathon Time	3h00	3h15	3h30	3h45	4h00	4h15	4h30	4h45	5h00
Easy/ recovery runs	7:35 - 8:10	8:15 - 8:50	8:50 - 9:30	9:30- 10:10	10:10 - 10:50	10:50 - 11:35	11:20 - 12:00	12:00 - 12:50	12:50 - 13:30
Steady runs	7:15 - 7:35	7:50 - 8:10	8:30 - 8:50	9:05- 9:30	9:45 - 10:05	10:20 - 10:45	10:55 - 11:20	11:30 - 12:00	12:10 - 12:40
Marathon pace	6:50 - 7:00	7:25 - 7:35	7:55 - 8:10	8:30- 8:45	9:05 - 9:20	9:35 - 9:55	10:10 - 10:30	10:45 - 11:05	11:20 - 11:40
HM pace	6:30 - 6:45	7:00 - 7:15	7:30 - 7:50	8:05 - 8:25	8:35 - 9:00	9:05 - 9:30	9:40 - 10:00	10:10 - 10:40	10:40 - 11:10
10k pace	6:10 - 6:25	6:40 - 6:55	7:10 - 7:30	7:40 - 8:00	8:10 - 8:30	8:40 - 9:00	9:15 - 9:35	9:40 - 10:00	10:15 - 10:35
5k pace	5:55 - 6:05	6:20 - 6:30	6:50 - 7:00	7:20 - 7:30	7:50 - 8:00	8:20 - 8:30	8:50 - 9:00	9:20 - 9:30	9:50 - 10:00










KILOMETER PACE CHART

Goal Marathon Time	3h00	3h15	3h30	3h45	4h00	4h15	4h30	4h45	5h00
Easy/recovery runs	4:43 - 5:05	5:08 - 5:29	5:29 - 5:54	5:54 - 6:19	6:19 - 6:44	6:44 - 7:12	7:03 - 7:27	7:27 - 7:58	7:58 - 8:23
Steady runs	4:30 - 4:43	4:53 - 5:05	5:17 - 5:29	5:39 - 5:54	6:04 - 6:15	6:25 - 6:40	6:47 - 7:03	7:08 - 7:27	7:33 - 7:52
Marathon pace	4:16 - 4:29	4:37 - 4:43	4:55 - 5:05	5:17 - 5:26	5:39 - 5:48	5:56 - 6:10	6:19 - 6:31	6:40 - 6:54	7:03 - 7:15
HM pace	4:03 - 4:12	4:21 - 4:31	4:39 - 4:53	5:01 - 5:13	5:20 - 5:37	5:39 - 5:54	6:00 - 6:13	6:19 - 6:37	6:37 - 6:57
10k pace	3:50 - 4:00	4:08 - 4:17	4:26 - 4:39	4:46 - 4:58	5:05 - 5:17	5:23 - 5:37	5:45 - 5:56	6:00 - 6:13	6:23 - 6:34
5k pace	3:41 - 3:46	3:56 - 4:03	4:16 - 4:21	4:33 - 4:39	4:53 - 4:58	5:10 - 5:17	5:29 - 5:37	5:48 - 5:54	6:07 - 6:13








Week 1

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
5 mins easy, 5 min walk, 5 min easy	REST DAY	5 mins easy, 5 min walk, 5 min easy	REST DAY	10 mins easy warm up, 6x (1 min run, 1 min easy)	REST DAY	Virtual Run
						








Week 2

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
15 mins easy, 15 mins run	REST DAY	15 mins easy, 15 mins run	REST DAY	5 mins slow jog, Pyramid session. 2 mins RUN, 3 mins, 4 mins, 3 mins 2 mins. All with 60 secs slow jog recovery.	REST DAY	Virtual Run
						








Week 3

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
30 mins easy jog	REST DAY	30 mins easy jog	REST DAY	10 mins warm up, Tempo: Try to hold a tempo pace for 10 mins. 10 mins easy jog	REST DAY	Virtual Run
						








Week 4

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
15 mins easy jog, 25 mins run	REST DAY	15 mins easy jog, 25 mins run	REST DAY	10 mins warm up. 5-6x (60 secs, 90 secs, 120 secs run with 30 secs slow jog recovery between each one).	REST DAY	Virtual Run
						








Week 5

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
40 mins easy jog	REST DAY	40 mins easy jog	REST DAY	10 mins warm up, Tempo: Try to hold a tempo pace for 15 mins. 15 mins easy jog	REST DAY	Virtual Run
						








Week 6

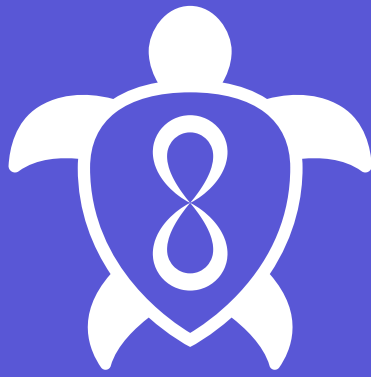
6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
20 mins easy jog, 25 mins run	REST DAY	20 mins easy jog, 25 mins run	REST DAY	10 mins warm up. Progressive session. 20 mins progressive run (see the guided run session (https://www.youtube.com/watch?v=16KF8Z-clAmg) or every two mins slightly increase your pace).	REST DAY	Virtual Run
						

Week 7

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
45 mins easy jog	REST DAY	45 mins easy jog	REST DAY	10 mins slow jog, Pyramid session. 2 mins RUN, 4 mins, 6 mins, 4 mins 2 mins. All with 60 secs slow jog recovery.	REST DAY	Virtual Run
						

Week 8

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
40 mins easy jog, 15 mins run	REST DAY	40 mins easy jog, 15 mins run	REST DAY	10 mins warm up. Progressive session. 20 mins progressive run (see the guided run session (https://www.youtube.com/watch?v=16KF8Z-clAmg) or every two mins slightly increase your pace). Finish with a slow 10 mins easy jog	REST DAY	Virtual Run
						



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