## turtle method ${ }^{\text {m }}$

# (2) <br> -CTAcロN <br> chellenge 3. <br> FROM COUCH TO 10KM 

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |


| WARM UP: | Here is a great guided warm up for you: https:// <br> www.youtube.com/watch? $\mathrm{v}=\mathrm{uHOoWI}$ (8un5Y\&t=10s |
| :---: | :---: |
| WALK: | Take this nice and easy, but make sure you have the right footwear on. TTeat this like a workout and about preparing the mind as much as the oody. |
| 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-- 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 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 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 atall, but imagine you are 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 | FROM COUCH TO 1OKM

## MILE PACE CHART

| Goal <br> Marathon Time | 3h00 | 3h15 | 3h30 | 3h45 | 4h00 | 4h15 | 4h30 | 4h45 | 5h00 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Easy/ recovery runs | $\begin{gathered} 7: 35- \\ 8: 10 \end{gathered}$ | $\begin{gathered} \text { 8:15- } \\ \text { 8:50 } \end{gathered}$ | $\begin{gathered} \text { 8:50 } \\ 9: 30 \end{gathered}$ | $\begin{aligned} & 9: 30- \\ & 10: 10 \end{aligned}$ | $\begin{gathered} 10: 10- \\ 10: 50 \end{gathered}$ | $\begin{gathered} 10: 50- \\ 11: 35 \end{gathered}$ | $\begin{gathered} 11: 20- \\ 12: 00 \end{gathered}$ | $\begin{gathered} \text { 12:00 } \\ \text { 12:50 } \end{gathered}$ | $\begin{gathered} 12: 50- \\ 13: 30 \end{gathered}$ |
| Steady runs | $\begin{gathered} 7: 15- \\ 7: 35 \end{gathered}$ | $\begin{gathered} 7: 50- \\ 8: 10 \end{gathered}$ | $\begin{gathered} 8: 30- \\ 8: 50 \end{gathered}$ | $\begin{aligned} & \text { 9:05- } \\ & 9: 30 \end{aligned}$ | $\begin{aligned} & 9: 45- \\ & 10: 05 \end{aligned}$ | $\begin{gathered} 10: 20- \\ 10: 45 \end{gathered}$ | $\begin{gathered} 10: 55- \\ 11: 20 \end{gathered}$ | $\begin{gathered} 11: 30- \\ 12: 00 \end{gathered}$ | $\begin{gathered} 12: 10- \\ 12: 40 \end{gathered}$ |
| Marathon pace | $\begin{gathered} \text { 6:50 } \\ \text { 7:00 } \end{gathered}$ | $\begin{gathered} 7: 25- \\ 7: 35 \end{gathered}$ | $\begin{gathered} 7: 55- \\ 8: 10 \end{gathered}$ | $\begin{aligned} & 8: 30- \\ & 8: 45 \end{aligned}$ | $\begin{gathered} \text { 9:05- } \\ \text { 9:20 } \end{gathered}$ | $\begin{gathered} 9: 35- \\ 9: 55 \end{gathered}$ | $\begin{gathered} 10: 10- \\ 10: 30 \end{gathered}$ | $\begin{gathered} 10: 45- \\ 11: 05 \end{gathered}$ | $\begin{gathered} 11: 20- \\ 11: 40 \end{gathered}$ |
| HM pace | $\begin{gathered} 6: 30- \\ 6: 45 \end{gathered}$ | $\begin{gathered} 7: 00- \\ 7: 15 \end{gathered}$ | $\begin{gathered} \text { 7:30 - } \\ \text { 7:50 } \end{gathered}$ | $\begin{gathered} 8: 05- \\ 8: 25 \end{gathered}$ | $\begin{gathered} 8: 35- \\ 9: 00 \end{gathered}$ | $\begin{gathered} \text { 9:05 - } \\ \text { 9:30 } \end{gathered}$ | $\begin{aligned} & 9: 40- \\ & 10: 00 \end{aligned}$ | $\begin{gathered} 10: 10- \\ 10: 40 \end{gathered}$ | $\begin{gathered} 10: 40- \\ 11: 10 \end{gathered}$ |
| 10k pace | $\begin{gathered} 6: 10- \\ \text { 6:25 } \end{gathered}$ | $\begin{gathered} 6: 40- \\ 6: 55 \end{gathered}$ | $\begin{gathered} \text { 7:10 } \\ \text { 7:30 } \end{gathered}$ | $\begin{gathered} \text { 7:40- } \\ 8: 00 \end{gathered}$ | $\begin{gathered} 8: 10- \\ \text { 8:30 } \end{gathered}$ | $\begin{gathered} \text { 8:40 - } \\ 9: 00 \end{gathered}$ | $\begin{gathered} 9: 15- \\ 9: 35 \end{gathered}$ | $\begin{aligned} & 9: 40- \\ & 10: 00 \end{aligned}$ | $\begin{gathered} 10: 15- \\ 10: 35 \end{gathered}$ |
| 5k pace | $\begin{gathered} \text { 5:55 - } \\ \text { 6:05 } \end{gathered}$ | $\begin{gathered} \text { 6:20 } \\ \text { 6:30 } \end{gathered}$ | $\begin{gathered} \text { 6:50 } \\ \text { 7:00 } \end{gathered}$ | $\begin{gathered} \text { 7:20 - } \\ \text { 7:30 } \end{gathered}$ | $\begin{gathered} \text { 7:50 } \\ \text { 8:00 } \end{gathered}$ | $\begin{gathered} 8: 20- \\ 8: 30 \end{gathered}$ | $\begin{gathered} \text { 8:50 } \\ \text { 9:00 } \end{gathered}$ | $\begin{gathered} 9: 20- \\ 9: 30 \end{gathered}$ | $\begin{aligned} & \text { 9:50 - } \\ & \text { 10:00 } \end{aligned}$ |

## KILOMETER PACE CHART

| Goal <br> Marathon Time | 3h00 | 3h15 | 3h30 | 3h45 | 4h00 | 4h15 | 4h30 | 4h45 | 5h00 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Easy/ recovery runs | $\begin{gathered} 4: 43- \\ 5: 05 \end{gathered}$ | $\begin{gathered} 5: 08- \\ 5: 29 \end{gathered}$ | $\begin{gathered} 5: 29 \\ 5: 54 \end{gathered}$ | $\begin{gathered} 5: 54- \\ \text { 6:19 } \end{gathered}$ | $\begin{gathered} 6: 19- \\ 6: 44 \end{gathered}$ | $\begin{gathered} \text { 6:44 } \\ 7: 12 \end{gathered}$ | $\begin{gathered} 7: 03- \\ 7: 27 \end{gathered}$ | $\begin{aligned} & 7: 27- \\ & 7: 58 \end{aligned}$ | $\begin{gathered} 7: 58- \\ 8: 23 \end{gathered}$ |
| Steady runs | $\begin{gathered} 4: 30- \\ 4: 43 \end{gathered}$ | $\begin{gathered} \text { 4:53- } \\ 5: 05 \end{gathered}$ | $\begin{gathered} 5: 17 \\ 5: 29 \end{gathered}$ | $\begin{gathered} 5: 39- \\ 5: 54 \end{gathered}$ | $\begin{gathered} 6: 04 \\ 6: 15 \end{gathered}$ | $\begin{gathered} 6: 25- \\ 6: 40 \end{gathered}$ | $\begin{gathered} \text { 6:47-1 } \\ \text { 7:03 } \end{gathered}$ | $\begin{gathered} 7: 08- \\ 7: 27 \end{gathered}$ | $\begin{gathered} \text { 7:33 - } \\ \text { 7:52 } \end{gathered}$ |
| Marathon pace | $\begin{gathered} 4: 16- \\ 4: 29 \end{gathered}$ | $\begin{gathered} 4: 37- \\ 4: 43 \end{gathered}$ | $\begin{gathered} 4: 55- \\ 5: 05 \end{gathered}$ | $\begin{gathered} 5: 17- \\ 5: 26 \end{gathered}$ | $\begin{gathered} 5: 39- \\ 5: 48 \end{gathered}$ | $\begin{gathered} \text { 5:56 } \\ \text { 6:10 } \end{gathered}$ | $\begin{gathered} 6: 19- \\ \text { 6:31 } \end{gathered}$ | $\begin{gathered} 6: 40- \\ 6: 54 \end{gathered}$ | $\begin{gathered} 7: 03-1 \\ 7: 15 \end{gathered}$ |
| HM pace | $\begin{gathered} 4: 03- \\ 4: 12 \end{gathered}$ | $\begin{gathered} 4: 21- \\ 4: 31 \end{gathered}$ | $\begin{gathered} 4: 39- \\ 4: 53 \end{gathered}$ | $\begin{gathered} 5: 01- \\ 5: 13 \end{gathered}$ | $\begin{gathered} 5: 20- \\ 5: 37 \end{gathered}$ | $\begin{gathered} 5: 39- \\ 5: 54 \end{gathered}$ | $\begin{gathered} 6: 00- \\ 6: 13 \end{gathered}$ | $\begin{gathered} 6: 19- \\ 6: 37 \end{gathered}$ | $\begin{gathered} \text { 6:37- } \\ \text { 6:57 } \end{gathered}$ |
| 10k pace | $\begin{gathered} 3: 50- \\ 4: 00 \end{gathered}$ | $\begin{gathered} 4: 08 \\ 4: 17 \end{gathered}$ | $\begin{gathered} 4: 26- \\ 4: 39 \end{gathered}$ | $\begin{gathered} 4: 46- \\ 4: 58 \end{gathered}$ | $\begin{gathered} 5: 05- \\ 5: 17 \end{gathered}$ | $\begin{gathered} 5: 23- \\ 5: 37 \end{gathered}$ | $\begin{gathered} 5: 45- \\ 5: 56 \end{gathered}$ | $\begin{gathered} 6: 00- \\ 6: 13 \end{gathered}$ | $\begin{gathered} 6: 23- \\ 6: 34 \end{gathered}$ |
| 5k pace | $\begin{gathered} 3: 41 \\ 3: 46 \end{gathered}$ | $\begin{gathered} 3: 56- \\ 4: 03 \end{gathered}$ | $\begin{gathered} 4: 16- \\ 4: 21 \end{gathered}$ | $\begin{gathered} \text { 4:33 } \\ \text { 4:39 } \end{gathered}$ | $\begin{gathered} 4: 53 \\ 4: 58 \end{gathered}$ | $\begin{gathered} 5: 10- \\ 5: 17 \end{gathered}$ | $\begin{gathered} 5: 29- \\ 5: 37 \end{gathered}$ | $\begin{gathered} 5: 48- \\ 5: 54 \end{gathered}$ | $\begin{gathered} 6: 07 \\ \text { 6:13 } \end{gathered}$ |

## Week 1

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

## Week 2

| $6: 30 \mathrm{am}$ |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 15 mins easy, 15 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 15 mins easy, 15 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 5 mins slow jog, Pyramid session. 2 mins RUN, 3 mins, 4 mins, 3 mins 2 mins. All with 60 secs slow jog recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  |  |  |  |  | $\bigcirc$ | $\bigcirc$ |

## Week 3

| 6:30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| $\begin{gathered} 30 \text { mins easy } \\ \text { jog } \end{gathered}$ | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | $\begin{gathered} 30 \text { mins easy } \\ \text { jog } \end{gathered}$ | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up, Tempo: Try to hold a tempo pace for 10 mins. 10 mins easy jog | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  |  |  |  |  |  |  |

## Week 4

| 6:30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 15 mins easy jog, 25 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 15 mins easy jog, 25 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up. $5-6 x$ ( 60 secs, 90 secs, 120 secs run with 30 secs slow jog recovery between each one). | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
| $\bigcirc$ | $\square$ |  | $\square$ | $\square$ | $\bigcirc$ | $\bigcirc$ |

## Week 5

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

## Week 6

| 6.30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 20 mins easy jog, 25 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 20 mins easy jog, 25 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 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). | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  | $\square$ |  | $\square$ |  | $\square$ | $\square$ |

## Week 7

| 6:30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| $\begin{aligned} & 45 \text { mins easy } \\ & \text { jog } \end{aligned}$ | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | $45 \underset{\text { jog easy }}{4 \text { mins eg }}$ | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins slow jog, <br> Pyramid session. 2 mins <br> RUN, 4 mins, 6 mins, 4 mins 2 mins. <br> All with 60 secs slow jog recovery. | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  | $\square$ |  | $\square$ |  | $\square$ |  |

## Week 8

| 6:30 am |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MON | TUE | WED | THU | FRI | SAT | SUN |
| 40 mins easy jog, 15 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 40 mins easy jog, 15 mins run | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | 10 mins warm up. <br> 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 | $\begin{aligned} & \text { REST } \\ & \text { DAY } \end{aligned}$ | Virtual Run |
|  |  |  |  |  |  |  |

## Week 9

Run your target distance on one of the days you wish.
Note: Max will still perform a virtual run on Sunday so that you can join, or if you have a marathon for this week, choose your specific day.

## 6:30 am

| MON | TUE | WED | THU | FRI | SAT | SUN |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |


turtle method ${ }^{\text {m }}$

