



Name: \_\_\_\_\_ Starting date: \_\_\_\_\_ 10km Finishing date: \_\_\_\_\_

### Born to Run Rules

- Use your walk:run ratio as listed – via your stopwatch.
- Calculate & police your dti, ideally, via a heart rate monitor, OR, simply never exceed 'your' easy conversational pace/effort (70%).
- Consider running up hills, in heat, into the wind and with a faster cadence will increase your HR – shorten your stride to lower your HR - <DTI.
- Practice a 'running' cadence of 88 strides per one leg – moving up or down towards finding your ideal rhythm.
- Practice taking shorter, shuffle-like strides with your feet always near to the ground.
- Treadmill training – elevate the terrain to 1% for flat sessions.

Default Training Intensity				> HR =	< HR =	
Date	Walk:Run	Intensity	Time	WEEK ONE - Details	Completed	
MON	4:1	DTI	30	(Briskly) Walk 4 minutes: (DTI) Run @ 88 Cadence 1 minute = 5 mins x 6 = 30 mins.	✓	
TUES						
WEDS	4:1	DTI	40	Remember, when walking, walk briskly (maintaining your DTI).		
THURS	4:1	DTI	30	Change the course if possible.		
FRI						
SAT	4:1	DTI	50	A long session. Consider the first 10 minutes easily warming up.		
SUN						
Date	Walk:Run	Intensity	Time	WEEK TWO - Details	Completed	
MON	4:1	DTI	30	Ideally, choose a flat course.		
TUES						
WEDS	3:2	DTI	30	Change your W:R but police your DTI.		
THURS	4:1	DTI	40	A steady session.		
FRI						
SAT	3:2 & 4:1	DTI	50	20 minutes @ 3:2 & 30 minutes @ 4:1.		
SUN						
Date	Walk:Run	Intensity	Time	WEEK THREE - Details	Completed	
MON	3:2	DTI	35	Keeping the course flat.		
TUES						
WEDS	3:2	DTI	40	Always take out the first 5 minutes well below your DTI.		
THURS	4:1	DTI	30	Spend 20/30 minutes training up & down <b>hills</b> . Short strides both up & down.		
FRI						
SAT	3:2 & 4:1	DTI	50	The same session as last week.		
SUN	W		20	If possible, walk, briskly, barefoot on grass.		
Date	Walk:Run	Intensity	Time	WEEK FOUR - Details	Completed	
MON	2.30:2.30	DTI	40	Again, disregard your speed, follow the W:R ratio & 88 cadence when running @ DTI.		
TUES						
WEDS	3:2	DTI	30	Your goal is to complete the running sections – feel free to run well below your DTI.		

THURS	1:3 & 2:3	DTI	40	1:3 for 20 minutes & 2:3 for 20 minutes.	
FRI					
SAT	2.30:2.30	DTI	60	Easy out, shuffle along, never exceeding your DTI, disregarding your speed & distance.	
SUN	W		20	If possible, walk, briskly, barefoot on grass.	
<b>Date</b>	<b>Walk:Run</b>	<b>Intensity</b>	<b>Time</b>	<b>WEEK FIVE - Details</b>	<b>Completed</b>
MON	2:4	DTI	36	Soft feet when landing – you shouldn't hear your contact – avoid the 'thud'.	
TUES					
WEDS	3:5	DTI	40	Choose a flat course. Remember as you get fitter, you will run faster & further at your DTI.	
THURS	3:2	DTI	30	An easy follow up session.	
FRI					
SAT	3:2 & 4:1	DTI	60	3:2 for 30 minutes & 4:1 for 30 minutes. DTI & cadence are key.	
SUN					
<b>Date</b>	<b>Walk:Run</b>	<b>Intensity</b>	<b>Time</b>	<b>WEEK SIX - Details</b>	<b>Completed</b>
MON	W	<DTI	30	An easy start to the training week.	
TUES					
WEDS	1:4	DTI	40	20/20 training on hills – up or down.	
THURS	3:7	DTI	30	You have 3 x 7-minute runs @ DTI & 88 CAD to complete.	
FRI					
SAT	2:3 & 2.30:2.30	DTI	70	2:3 for 45 minutes & 2.30: 2.30 for 25 minutes.	
SUN					
<b>Date</b>	<b>Walk:Run</b>	<b>Intensity</b>	<b>Time</b>	<b>WEEK SEVEN - Details</b>	<b>Completed</b>
MON	3:7	DTI	40	Remember to relax your breathing.	
TUES					
WEDS	7:13	DTI	40	Your longest running splits – strides soft & low to the ground.	
THURS	3:2	DTI	40	Flat course.	
FRI					
SAT	5 & 1:8	DTI	60	5 warm up then into 1:9 to DTI & 88 Cad.	
SUN	W	<DTI	20	A walk barefoot on grass.	
<b>Date</b>	<b>Walk:Run</b>	<b>Intensity</b>	<b>Time</b>	<b>WEEK EIGHT - Details</b>	<b>Completed</b>
MON	1:9	DTI	40	Stay healthy.	
TUES					
WEDS	1:4	DTI	40	Stay healthy and again, forget speed & distance.	
THURS					
FRI					
SAT	10KM			Run at your DTI & 88 Cad for as long as you can. Walk when you feel your heart rate or body feels it needs recovery. Once recovered – go again.	
SUN				Now what? Choose an event, continue to practice your DTI & Cadence.	