



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	2:3	DTI	30	(Briskly) Walk 2 minutes: (DTI) Run @ 88 Cadence 3 minute = 5 mins x 6 = 30 mins.	✓
TUES					
WEDS	3:2	DTI	40	Remember, when walking, walk briskly (maintaining your DTI).	
THURS	1:4	DTI	30	Change the course if possible.	
FRI					
SAT	2:3 - 3:2	DTI	50	A long session. 2:3 for 30 minutes – 3:2 for 20 minutes.	
SUN					
Date	Walk:Run	Intensity	Time	WEEK TWO - Details	Completed
MON	2:3	DTI	30	Ideally, choose a flat course.	
TUES					
WEDS	2:3	DTI	30	Change your W:R but police your DTI.	
THURS	2.30:2.30	DTI	40	A steady session.	
FRI					
SAT	1:4 & 2:3	DTI	50	30 minutes @ 1:4 & 20 minutes @ 2:3	
SUN					
Date	Walk:Run	Intensity	Time	WEEK THREE - Details	Completed
MON	2:3	DTI	35	Keeping the course flat.	
TUES					
WEDS	2:3	DTI	40	Always take out the first 5 minutes well below your DTI.	
THURS	1:4	DTI	30	Spend 20/30 minutes training up & down hills . Short strides both up & down.	
FRI					
SAT	2:3 & 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	2:3	DTI	40	Again, disregard your speed, follow the W:R ratio & 88 cadence when running @ DTI.	
TUES					

WEDS	1:4	DTI	30	Your goal is to complete the running sections – feel free to run well below your DTI.	
THURS	1:3 & 0.30:4.30	DTI	40	1:3 for 20 minutes & 0.30:4.30 for 20 minutes.	
FRI					
SAT	1:4	DTI	70	Easy out, shuffle along, never exceeding your DTI, disregarding your speed & distance.	
SUN	W		20	If possible, walk, briskly, barefoot on grass.	
Date	Walk:Run	Intensity	Time	WEEK FIVE - Details	Completed
MON	1:5	DTI	36	Soft feet when landing – you shouldn't hear your contact – avoid the 'thud'.	
TUES					
WEDS	1:9	DTI	40	Choose a flat course. Remember as you get fitter, you will run faster & further at your DTI.	
THURS	1:4	DTI	30	An easy follow up session.	
FRI					
SAT	2:3 & 1:9	DTI	60	2:3 for 30 minutes & 1:9 for 30 minutes. DTI & cadence are key.	
SUN					
Date	Walk:Run	Intensity	Time	WEEK SIX - Details	Completed
MON	W	<DTI	30	An easy start to the training week.	
TUES					
WEDS	1:7	DTI	40	20/20 training on hills – up or down.	
THURS	1:9	DTI	30	You have 2 x 8-minute runs @ DTI & 88 CAD to complete.	
FRI					
SAT	2:3 & 1:9	DTI	70	2:3 for 40 minutes & 1:9 for 30 minutes.	
SUN					
Date	Walk:Run	Intensity	Time	WEEK SEVEN - Details	Completed
MON	2:8	DTI	40	Remember to relax your breathing.	
TUES					
WEDS	3:17	DTI	40	Your longest running splits – strides soft & low to the ground.	
THURS	2:3	DTI	40	Flat course.	
FRI					
SAT	5 W & 0.30:9.30	DTI	60	5 warm up then into 1:9 to DTI & 88 Cad.	
SUN	W	<DTI	20	A walk barefoot on grass.	
Date	Walk:Run	Intensity	Time	WEEK EIGHT - Details	Completed
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.	