

asics  
**run melbourne**  
**10 WEEK**  
5.5K | 10K | 21.1K

**TRAINING PROGRAM**

BEGINNER + INTERMEDIATE

powered by  SOLE MOTIVE

**CROSS THE LINE**



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# TRAINING TERMINOLOGY

**Easy:** The “Easy” level is all about running at a comfortable pace where you can easily hold a conversation. It helps build endurance and fitness without pushing your limits. Focus on maintaining a steady, relaxed pace within an aerobic zone, ideal for beginners or those building stamina. The goal is consistency and gradual improvement, while enjoying the run and staying relaxed throughout each session.

**Steady pace:** running is defined as running at a comfortably hard, consistent effort level that is faster than an easy run but slower than a tempo or threshold run. It is a continuous, sustained effort typically done to build aerobic strength and endurance. You are past a fully conversational pace, but you should still be able to speak in short sentences or phrases, rather than full paragraphs. RPE of around 6/10.

**Moderate:** At the “Moderate” level, your pace should challenge you but still allow you to say short phrases without gasping for air. This level helps improve both endurance and speed, pushing your limits while maintaining control. You’ll start to feel the effort, but you should still be able to carry on a conversation in short bursts. Ideal for building stamina and increasing pace, this level fosters steady progress while improving cardiovascular fitness.

**Hard:** At the “Hard” level, your pace is intense, making speaking nearly impossible. This level pushes your limits, increasing both speed and cardiovascular capacity. You’ll be working at a high effort, where you’re focused on maintaining your form and completing the session. It’s ideal for improving race performance or building strength, but it should feel challenging. The goal is to push through the discomfort, increasing your fitness and stamina with each run.

**Undulating:** Choose a route with as many hills as possible, and focus less on the number of kilometres and more on finding a variety of hills, ascents, and descents. Hill runs with a variety of ascents and descents are ideal for race training, helping to build strength, stamina, and control.

Run the climbs with a tall posture and a slight forward lean from the ankles, and stay relaxed as you crest the hills. On the descents, use quick, light steps to maintain flow, avoiding heavy foot strikes or braking through your legs.

## **LSD: Long Slow Distance Run (LSD)**

These runs focus on building endurance and helping your body adapt to running longer distances, so you can finish your race feeling strong and confident. When extending your distance, it’s important to keep the pace comfortable and controlled. Start easier than you think you need to, conserve your energy, and aim for a pace where you can comfortably hold a conversation while you run.

**10km Pace:** 10K race pace is the average speed (typically measured in minutes per kilometer or mile) a runner aims to maintain consistently throughout a 10-kilometre (6.2 mile) race to achieve their goal finish time. Runners should experience heavy, labored breathing but maintain enough energy to finish strong. This pace is usually around your threshold pace. The efforts should feel 8/10 RPE.

**Half Marathon Pace:** The specific pace is determined by a runner’s target finish time. For example, to finish a half marathon in under two hours, a runner needs to maintain an average pace of approximately 9:09 minutes per mile (or 5:41 minutes per kilometre). The key characteristic is the ability to maintain a consistent speed over a significant duration (typically over an hour for most runners). This pace is also referred to as tempo effort RPE of around 7/10.

## **Why does the training program include gym/strength training?**

Incorporating gym or cross-training into your running program is essential for building overall strength, improving endurance, and preventing injury. Cross-training enhances muscle balance, reduces the risk of overuse injuries, and targets different muscle groups that running alone may miss. Activities like strength training, cycling, or swimming can boost cardiovascular fitness, increase power, and promote recovery, helping you become a more well-rounded, efficient runner.

# 5.5K – BEGINNER

If you're someone who can't run 20-minutes without needing to stop, you find it hard to increase your pace or you have never done speed work before – this program is perfect for you.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min walk	Rest	<b>Warm up:</b> 5min walk 6 x (2min run + 2min walk) <b>Cool down:</b> 1min walk	Rest	Cross training/ Gym	6 x (3min run + 2min walk)
<b>2</b>	Rest	20min walk	Rest	<b>Warm up:</b> 5min walk 6 x (2min run + 2min walk) <b>Cool down:</b> 1min walk	Rest	Cross training/ Gym	6 x (3min run + 2min walk)
<b>3</b>	Rest	25min walk	Rest	<b>Warm up:</b> 5min walk 5 x (4min run + 2min walk)	Rest	Cross training/ Gym	4 x (6min run + 2min walk)
<b>4</b>	Rest	25min walk	Rest	<b>Warm up:</b> 5min walk 5 x (4min run + 2min walk)	Rest	Cross training/ Gym	4 x (6min run + 2min walk)

# 5.5K - BEGINNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>5</b>	Rest	15min walk + 10min run	Rest	<b>Warm up:</b> 5min walk 5 x (4min run + 1min walk) <b>Cool down:</b> 5min walk	Rest	Cross training/ Gym	3 x (8min run + 2min walk)
<b>6</b>	Rest	15min walk + 10min run	Rest	<b>Warm up:</b> 5min walk 5 x (4min run + 1min walk) <b>Cool down:</b> 5min walk	Rest	Cross training/ Gym	<b>Warm up:</b> (1K walk 3K run) <b>Cool down:</b> 1K walk
<b>7</b>	Rest	10min walk + 15min run	Rest	<b>Warm up:</b> 5min walk 6 x (4min run + 1min walk) <b>Cool down:</b> 1min walk	Rest	Cross training/ Gym	<b>Warm up:</b> (1K walk 4K run) <b>Cool down:</b> 1K walk
<b>8</b>	Rest	10min walk + 15min run	Rest	<b>Warm up:</b> 5min walk 6 x (4min run + 1min walk) <b>Cool down:</b> 1min walk	Rest	Cross training/ Gym	<b>Warm up:</b> (1K walk 5K run) <b>Cool down:</b> 1K walk
<b>9</b>	Rest	5min walk + 20min run	Rest	<b>Warm up:</b> 5min walk 5 x (5min run + 1min walk)	Rest	Cross training/ Gym	<b>Warm up:</b> (1K walk 5K run) <b>Cool down:</b> 1K walk
<b>10</b>	Rest	15min run	Rest	<b>Warm up:</b> 5min walk 5 x (2min run + 1min walk)	Rest	<b>Warm up:</b> 5min walk 10min run	<b>RACE DAY</b>

# 10K - BEGINNER

If you have run on and off for six months, this guide will help guide you from running/walking to tackling a 10K run in 10 weeks.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min run + 10min walk	Rest	<b>Warm up:</b> 6min run 6 x (3min moderate run +1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	5-6K
<b>2</b>	Rest	20min run + 10min walk	Rest	<b>Warm up:</b> 6min run 6 x (3min moderate run + 1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	6-8K
<b>3</b>	Rest	30min easy run	Rest	<b>Warm up:</b> 6 min run 6 x (3min moderate run + 1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	6-8K
<b>4</b>	Rest	30min easy run	Rest	<b>Warm up:</b> 5min run 5 x (4min moderate run +1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	8-9K

# 10K - BEGINNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
5	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 8 x (2min mod/hard run + 1min easy run) <b>Cool down:</b> 6min easy run	Rest	Cross training/ Gym	8-9K, with 4km at 10K pace
6	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 8 x (2min mod/hard run + 2min easy run) <b>Cool down:</b> 9-6 min easy run	Rest	Cross training/ Gym	7-8K
7	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (1K mod/hard run + 2min rest) <b>Cool down:</b> 5 min easy run	Rest	Cross training/ Gym	9-11K, with 5km at RP
8	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (1K mod/hard run + 2min rest) <b>Cool down:</b> 5 min easy run	Rest	Cross training/ Gym	9-11K
9	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (800m mod/hard run + 2min rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	8K
10	Rest	30min easy run	Rest	<b>Warm up:</b> 10min, 5 x (2min moderate run + 1min easy run) <b>Cool down:</b> 5min easy run	Rest	<b>Warm up:</b> 5min walk 15min run	<b>RACE DAY</b>



# HALF MARATHON – BEGINNER

You might be an experienced 10K or 5K runner, but now you want to step it up. This is the perfect guide to take you from running/walking a 21.1K to running to the finish line in 10 weeks.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	<b>Warm up:</b> 6min run 6 x (3min moderate run + 1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	10K
2	Rest	20min run + 10min walk	Rest	<b>Warm up:</b> 11 min run 6 x (3min moderate run + 1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	10-12K
3	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (4min moderate run + 1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	12-14K
4	Rest	30min easy run	Rest	<b>Warm up:</b> 15min run 5 x (4min moderate run + 1min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	14-16K



# HALF MARATHON – BEGINNER

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
5	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 8 x (2min mod/hard run + 1min easy run) <b>Cool down:</b> 6min easy run	Rest	Cross training/Gym	10K
6	Rest	35min easy run	Rest	<b>Warm up:</b> 10min run 5 x (1K mod/ hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/Gym	16-18K
7	Rest	35min easy run	Rest	<b>Warm up:</b> 10min run 5 x (1.2K mod/hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/Gym	18-20K
8	Rest	40min easy run	Rest	<b>Warm up:</b> 10min run 4 x (1.6K mod/hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/Gym	20-21K
9	Rest	35min easy run	Rest	<b>Warm up:</b> 10min run 5 x (800m moderate/hard run + 2min rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/Gym	12K
10	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (2min moderate run + 1min easy run) <b>Cool down:</b> 5min easy run	Rest	<b>Warm up:</b> 5min walk 15min run <b>Cool down:</b> 5min easy run	<b>RACE DAY</b>

# 5.5K - INTERMEDIATE

If you can run 20 minutes but want to run even faster to help you get that PB – this is the perfect guide for you. It will help you build up speed within a 10 week period.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>1</b>	Rest	20min walk	Rest	<b>Warm up:</b> 10 min easy run 5 x (2 min mod/hard to hard run) + 2 min easy run <b>Cool down:</b> 6 min easy run	Rest	Cross training/ Gym or easy 20 min run	5K
<b>2</b>	Rest	25min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 6 x (2min mod/hard to hard run) + 2min easy run <b>Cool down:</b> 6min easy run	Rest	Cross training/ Gym or easy 20min run	4-6K
<b>3</b>	Rest	20min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 6 x (2min mod/hard to hard run) + 2min easy run <b>Cool down:</b> 6min easy run	Rest	Cross training/ Gym or easy 20min run	4-6K
<b>4</b>	Rest	25min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 5 x (3min mod/hard to hard run) + 1min easy run <b>Cool down:</b> 10min easy run	Rest	Cross training/ Gym or easy 20min run	4K

# 5.5K - INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
<b>5</b>	Rest	25min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 5 x (3min mod/hard to hard run) + 1min easy run <b>Cool down:</b> 10min easy run	Rest	Cross training/ Gym or easy 20min run	5-7K
<b>6</b>	Rest	25min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 5 x (800m mod/hard to hard run) + 2min easy run <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym or easy 20min run	5-7K Include 3K @ your target race pace or a moderately hard pace
<b>7</b>	Rest	30min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 5 x (800m mod/hard to hard run) + 2min easy run <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym or easy 20min run	5-7K Include 3K @ your target race pace or a moderately hard pace
<b>8</b>	Rest	30min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 4 x (1K mod/hard to hard run) + 2min easy run <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym or easy 20min run	6-8K Include 5K @ your target race pace or a moderately hard pace
<b>9</b>	Rest	30min easy run	Cross training/ Gym	<b>Warm up:</b> 10min easy run 4 x (1K mod/hard to hard run) + 2min easy run <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym or easy 20min run	6-8K Include 3K @ your target race pace or a moderately hard pace
<b>10</b>	Rest	15min run	Rest	<b>Warm up:</b> 5min walk 5 x (2min run + 1min walk)	Rest	<b>Warm up:</b> 5min walk 10min run	<b>RACE DAY</b>

# 10K - INTERMEDIATE

If you've run 10K fun runs before but want to improve your time, this guide is perfect for you. Use the 10 week plan to build up your speed and smash your target on race day.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min easy run	Rest	<b>Warm up:</b> 15 min run (1 min fast + 1 min easy jog + 2 min fast + 1 min easy + 3 min fast + 2 min easy + 3 min fast + 2 min easy + 2 min fast + 1 min easy + 1 min fast + 1 min easy) <b>Cool down:</b> 10 min easy run	Rest	30min run - mod/ hard pace	7K
2	Rest	40min easy run	Rest	<b>Warm up:</b> 15 min run (1min fast + 1min easy + 2min fast + 1 min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy) <b>Cool down:</b> 10min easy run	Rest	Cross training/ Gym or easy 30min run	8K with 4km at 10km RP
3	Rest	40min easy run	Rest	<b>Warm up:</b> 15 min run 5 x (1K @ target race pace + 90sec rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	9K
4	Rest	40min easy run	Rest	<b>Warm up:</b> 15min run 5 x (1K @ target race pace + 90 sec rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym or easy 30min run	8K

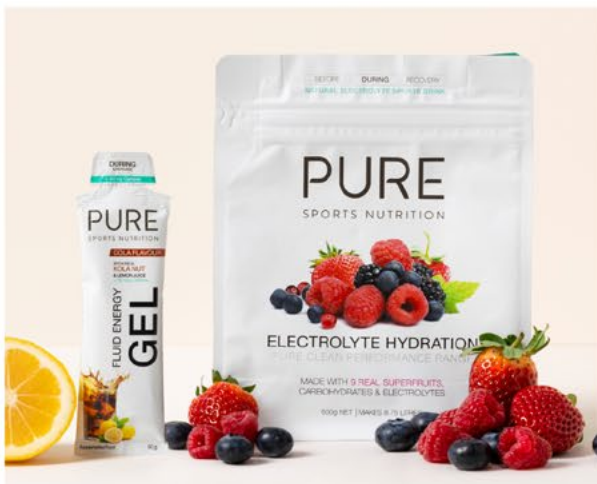
# 10K - INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
5	Rest	30min easy run	Rest	<b>Warm up:</b> 15min run, 4 x (1500m @ 30 sec per K faster than target race pace + 90sec rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym or easy 30min run	10K with 5km at 10km RP
6	Rest	30min easy run	Rest	<b>Warm up:</b> 15min run, 4 x (1500m 30 sec per K faster than target race pace + 90sec rest) <b>Cool down:</b> 5min easy run	Rest	30min run - mod/ hard pace	10-12K
7	Rest	30min easy run	Rest	<b>Warm up:</b> 15min run, 6-8 x (2min efforts up a hill + jog down for a full recovery before starting the next repeat) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	8K
8	Rest	30min easy run	Rest	<b>Warm up:</b> 15min run 6-8 x (2min efforts up a hill + jog down for a full recovery before starting the next repeat) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	10-12K with 6km at RP
9	Rest	30min easy run	Rest	<b>Warm up:</b> 15min run 6 x (800m faster than target race pace + 90 sec rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	8K
10	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (2min moderate run + 1min easy) <b>Cool down:</b> 5min easy run	Rest	<b>Warm up:</b> 5min walk 15min run	<b>RACE DAY</b>

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# HALF MARATHON – INTERMEDIATE

Take on this guide if you've run a few Half Marathons before and are ready to chase the time you've always wanted. Use this plan to score yourself your dream 21.1K goal.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (1K mod/hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training / Gym /easy 30-40 min run	12-14K with 6km at HM RP
2	Rest	40min easy run	Rest	<b>Warm up:</b> 10min run 5 x (1K mod/hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	40min run including 20 min tempo	14-16K
3	Rest	40min easy run	Rest	<b>Warm up:</b> 15min run (1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy) <b>Cool down:</b> 10min easy run	Rest	Cross training/ Gym/easy 30-40min run	16-18K
4	Rest	40min easy run	Rest	<b>Warm up:</b> 15min run (1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy) <b>Cool down:</b> 10min easy run	Rest	Cross training/ Gym/easy 30-40min run	12K with 8km at RP

# HALF MARATHON – INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
5	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 8 x (2min mod/hard run + 1min easy run) <b>Cool down:</b> 6min easy run	Rest	Easy 30min run	10K RACE
6	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 2 x (90sec fast/90 sec easy + 4 x 60sec fast/60sec easy + 4x30sec fast/30sec easy, 4x15sec fast/15sec easy) <b>Cool down:</b> 5min easy run	Rest	40min run including a 20min tempo	16-18K
7	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 4 x (1.6K mod/hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym/ easy 30-40min run	18-20K with 12K at RP
8	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 4 x (1.6K mod/hard run + 2min walk) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym/ easy 30-40min run	20-22K
9	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (800m mod/hard run + 2min rest) <b>Cool down:</b> 5min easy run	Rest	Cross training/ Gym	12-15K
10	Rest	30min easy run	Rest	<b>Warm up:</b> 10min run 5 x (2min moderate run + 1min easy) <b>Cool down:</b> 5min easy run	Rest	<b>Warm up:</b> 5min walk 15min run	<b>RACE DAY</b>