

OASIS[®] ZOOrun

10_{km}

This is a beginner 8 week running program designed for participants to run 10 km continuously

Week 1:

Day 1: **WU** – 4 min Run, 1 min Walk x 4 repeats - **CD**

Day 2: **Rest**

Day 3: 5 min Run, 1 min Walk x 3 repeats

Day 4: **Rest**

Day 5: 6 min Run, 1 min Walk x 4 repeats

Day 6: **Rest**

Day 7: 25 min Run

Week 2:

Day 1: 4 min Run, 30 sec Walk x 4 repeats

Day 2: 5 min Run, 30 sec Walk x 5 repeats

Day 3: 30 min Run

Week 3:

Day 1: 5 min Run, 30 sec Walk x 5 repeats

Day 2: 6 min Run, 30 sec Walk x 5 repeats

Day 3: 7 min Run, 1 min Walk x 4 repeats

Day 4: 35 min Run

Week 4:

Day 1: 4 min Run, 1 min Walk x 3 repeats

Day 2: 4 min Run, 1 min Walk x 4 repeats

Day 3: 4 min Run, 1 min Walk x 5 repeats

Day 4: 42 min Run

Week 5:

Day 1: 35 min Run

Day 2: 30 min Run

Day 3: 50 min Run

Week 6:

Day 1: 40 min Run

Day 2: 36 min Run

Day 3: 34 min Run

Day 4: 55 min Run

Week 7:

Day 1: 44 min Run

Day 2: 42 min Run

Day 3: 60 min Run

Week 8:

Day 1: 44 min Run

Day 2: 42 min Run

Day 3: 50 min Run

Day 4: 60 min Run

Each workout will begin with a **Warm Up (WU)** of 5 minutes of brisk walking and a **Cool Down (CD)** of 5-10 minutes of walking.

Rest Days are designed for participants to perform cross-training exercises (bike, walk, swim etc) or rehab exercises as prescribed by a physio or coach. We recommend **at least 1 rest day between each run day** as shown in Week 1 for the full duration of the program.