



Activeliving4all Coaching

Nutrition and Movement is life

Est 2017

Couch to 10km Training Plan – Let's Get Moving!

Welcome to the Couch to 10km journey – your step-by-step guide to going from the couch to confidently running 10 kilometres ! This program is designed to take you through a structured buildup that not only gets you race-ready, but also helps you get faster with every 10km you run .

Want to do Multiple 10kms and improve your time :

No problem!

Stick with the program and run your own 10km on the same weekends – whether it's with a group or solo, the goal is progress.

This plan is built for speed progression – meaning every run, every week, you're getting stronger, faster, and more confident.

Whether you're a beginner or coming back after a break, this is your time to shine .

Let's lace up those shoes , stay consistent , and surprise ourselves with what we can achieve!

21 -Week Program | **Tick as you go!**

Multiple 10km Plan

| **Tick off as you go!**

Designed for runners building Toward Multiple 10kms

STR = Strength | XT = Cross-Training | Mobility = Activation & Recovery / E = Easy Run / H = Hills / RP = Race Pace / TP = Tempo / TR = Threshold

Print it, tick it, and track your journey.

Stick it on the fridge like it's a school art project — and actually follow it this time!

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Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
1	STR + Mobility	20min Easy	30min Walk	20min Easy	XT + STR	REST	3km Easy
2	STR + Mobility	25min Easy	30min Walk	25min Easy	XT + STR	REST	4km Easy
3	STR + Mobility	30min Easy	30min Walk	30min Easy	XT + STR	REST	5km Easy
4	STR + Mobility	35min Easy	30min Walk	35min Easy	XT + STR	REST	6km Easy
6	STR + Mobility	40min Easy	30min Walk	40min Easy	XT + STR	REST	7km Easy
7	STR + Mobility	45min Easy	30min Walk	45min Easy	XT + STR	REST	8km Easy
8	STR + Mobility	50min Easy	30min Walk	50min Easy	XT + STR	REST	9km Easy
9	STR + Mobility	55min Easy	30min Walk	55min Easy	XT + STR	REST	7km Easy
10	STR + Mobility	60min Easy	30min Walk	60min Easy	XT + STR	REST	5km Easy
11	STR + Mobility	20min Easy	30min Walk	20min Easy	STR	10KM	REST

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12	STR + Mobility	Speed 15min WUP 6 x 2min Hard, 3 Min easy 15min CD	30min Run/Walk 2 min Run 1 min walk	Hill Repeats 15 min WUP 6 x 1 min Hard, 3 Min easy 20 min CD	XT + STR	REST	6KM Easy
13	STR + Mobility	Speed 15min WUP 10 x 1 min Hard, 4 Min easy 15min CD	30min Run/Walk 3 min Run 1 min walk	Hill Repeats 15min WUP 5 x 2min Hard, 3 Min easy 15min CD	XT + STR	REST	7km Easy
14	STR + Mobility	Speed 15min WUP 8 x 90sec Hard, 3 Min easy 15min CD	30min Run/Walk 4 min Run 1 min walk	Hill Repeats 15min WUP 4 x 3 min Hard, 2 Min easy 15min CD	XT + STR	REST	8km Easy
15	STR + Mobility	15min WUP 4 x 3 min Hard, 2 Min easy 15min CD	30min Run/Walk 5 min Run 1 min walk	Hill Repeats 15min WUP 3 x 4 min Hard, 1 Min easy 15min CD	XT + STR	REST	5km Easy
16	STR + Mobility	20min Easy	30min Walk	20min Easy	STR	10KM RUN	REST
17	STR + Mobility	7 km Easy	30min Run/Walk	7 km Easy	XT + STR	REST	8km Easy

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			6 min Run 1 min walk				
18	STR + Mobility	WU 2km 8 x 200m - 200m walk CD or CMC Track	30min Run/Walk 7 min Run 1 min walk	Hill Repeats WU 2-3km 6 x 2 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	9km Easy
19	STR + Mobility	WU 2km 6 x 400m 90 sec stand CD or CMC Track	30min Run/Walk 8 min Run 1 min walk	Hill Repeats WU 2-3km 5 x 3 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	10km Easy
20	STR + Mobility	WU 2km 4 x 120m 200m walk 1min Stand CD or CMC Track	30min Run/Walk 9 min Run 1 min walk	45min Hilly Run Heart rate in Threshold zone	XT + STR	REST	11km Easy
21	STR + Mobility	5km Easy	30min Run/Walk 5 min Run 1 min	45min	XT + STR	REST	5KM EASY

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Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
				Hilly Run Heart rate in Threshold zone			
22	STR + Mobility	5 km easy	REST	3km Easy	XT + STR	REST	Winelands 10km

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