



SportingLife 10k 6 Week Beginner Training Program By Lisa Bentley

PRESENTED BY


SPORTING LIFE 10K

WE RUN FOR


WELCOME!

Sporting Life 10k Beginner Training Program

Lisa Bentley, ASICS Canada ambassador and retired professional triathlete. During the course of Lisa's 20 year professional career, she has won 11 IRONMAN races, 11 IRONMAN 70.3 races (1/2 IRONMAN), several top 5 finishes at the IRONMAN World Championships, represented Canada on multiple National Teams and at the Pan American Games and was ranked top 5 in the world for a decade. She competed at the highest level despite having Cystic Fibrosis – a genetic lung disease resulting in chronic infections and limited lung capacity.

Since she retired from professional sport, Lisa has been running marathons, doing motivational speaking, television commentary (CTV & CBC), and coaching. Author of [An Unlikely Champion](#) a book that redefines winning and how to adopt a champions mindset. Lisa chronicles her path from “no-talent” high school runner to champion triathlete. Lisa taught high school for 7 years prior to pursuing sport full time, and now uses those teaching skills to coach and mentor athletes in pursuit of their goals in sport.



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[@Lisa_bentley123](https://www.instagram.com/Lisa_bentley123)

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[livebreathetri](https://www.facebook.com/livebreathetri)

This is a 6 week training program for new/beginner runners

[Start each run with a pre run warm up](#) - super short but impactful which will be demonstrated at our community run on Thursday May 8th, 2025.

I also suggest downloading the app ROM Coach. I use this for mobility and it is excellent. Find it in the app store.

As we progress, you will see some strength and mobility work. I created some YouTube videos demonstrating the exercises. You will want to refer to these for guidance. Links are here and you can find them on my YouTube channel under the SportingLife 10k Training Plan Playlist.

Here are the individual links (Hadley, our dog, makes a few appearances)

Our goal this first week to is build the habit of daily movement. It is better to do 10 minutes (even if asked for 30 minutes) than to skip the run or walk completely. Why? Because even 10 minutes will energize you and make you happy. And because 10 minutes builds the daily habit which you can and will maintain long after you cross the finish line of the SportingLife 10k.

Add the pre-run and post run every day:

- a. [Pre-run routine \(Video\)](#)
- b. [Post-run drills and side to side jogging \(Video\)](#)

Other recommended links:

- a. [Band workout for hips and glutes \(Video\)\)](#)
- b. [Hip, back, Psoas mobility \(Video\)](#)



Week 1 - Ending April 6th

MONDAY
March 31

Run/Walk 30 minutes

[Pre-re routine \(Video\)](#)

For our newest runners – run 2 minutes on and walk 1 min – repeat this sequence for all runs this week.

For more of a challenge - run 5 min and walk 30 seconds to 1 min or run 10 min and walk 30 seconds to 1 min.

For more of a challenge run the entire 30 minutes easy.

[Post-run drills and side to side jogging \(Video\)](#)

TUESDAY
April 1

Walk 30-45 minutes

Because motion is lotion! **Or other aerobic activity – elliptical, stationary bike, rowing machine.** It all works the engine and the engine doesn't know if you are running or biking or swimming or rowing etc.

WEDNESDAY
April 2

Run/Walk 20-30 minutes

[Pre-re routine \(Video\)](#)

Like Monday but a bit shorter.

[Post-run drills and side to side jogging \(Video\)](#)

THURSDAY
April 3

Walk 30-45 minutes

Because motion is lotion! **Or other aerobic activity – elliptical, stationary bike, rowing machine.** It all works the engine and the engine doesn't know if you are running or biking or swimming or rowing etc.

Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)
[Variety of Strength](#)

[Strength 2 \(Video\)](#)
[Quads, adductor, feet, deadlifts](#)

Week 1 - Ending April 6th

FRIDAY
April 4

Run/Walk 30 minutes

[Pre-re routine \(Video\)](#)

Let's try to increase run duration by 1 minute to your routine – so if you ran 2 minutes, try 3 minutes etc.

[Post-run drills and side to side jogging \(Video\)](#)

SATURDAY
April 5

Walk 30-45 minutes

Because motion is lotion! **Or other aerobic activity – elliptical, stationary bike, rowing machine.**

SUNDAY
April 6

Run/Walk 35-40 minutes

[Pre-re routine \(Video\)](#)

Adding 5-10 minutes to your run – building duration for race day. Return to the run/walk duration from Monday – the goal is completion.

[Post-run drills and side to side jogging \(Video\)](#)

Week 2 - Ending April 13th

MONDAY
April 7

Walk 30-45 minutes

TUESDAY
April 8

Run/Walk 20 minutes

[Pre-re routine \(Video\)](#)

Backing off a bit after the long run – but try to increase duration of the run portion by 1 minute since the total run is shorter – so maybe 3-4 min run and 30 seconds to 1 min walk.

For more of a challenge – 6-7 min run and 30-60 seconds walk.

For even more of a challenge try the 20 minutes continuous.

[Post-run drills and side to side jogging \(Video\)](#)

WEDNESDAY
April 9

**Alternate activity for 20-30 minutes
and strength or walk**

Like Monday but a bit shorter.

Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)
[Variety of Strength](#)

[Strength 2 \(Video\)](#)
[Quads, adductor, feet, deadlifts](#)

Week 2 - Ending April 13th

THURSDAY
April 10

Run/Walk 30 minutes

[Pre-re routine \(Video\)](#)

Shorter than long run but longer than 20 min – try to maintain duration of the run portion from Tuesday. **For more of a challenge maybe try 15 min run and 30-60 sec walk.**

[Post-run drills and side to side jogging \(Video\)](#)

FRIDAY
April 11

Day off or alternate activity

SATURDAY
April 12

Run/Walk 40-45 minutes

[Pre-re routine \(Video\)](#)

Building for SportingLife 10k – don't worry about running 10 km before race day – just build time on the legs. **Newest runners** aim for 3 min run and 30 sec walk.

For more of a challenge aim for 6 min run and 30 sec walk.

For more of a challenge aim for 1 mile run or 10-12 min run and 30 sec walk.

[Post-run drills and side to side jogging \(Video\)](#)

SUNDAY
April 13

Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
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- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)
[Variety of Strength](#)

[Strength 2 \(Video\)](#)
[Quads, adductor, feet, deadlifts](#)

Aim for a **walk or other aerobic** activity.

Week 3 - Ending April 20th

MONDAY
April 14

20 Minute Run

[Pre-re routine \(Video\)](#)

Newest runners run 5 min and walk 30 sec.

For more of a challenge either 10 min run and 30 sec walk or continuous 20 minutes.

[Post-run drills and side to side jogging \(Video\)](#)

TUESDAY
April 15

30 min Run/Walk

[Pre-re routine \(Video\)](#)

Newest runners run as you feel – aiming for 4 min run and 30 sec walk, This is the first back to back run day – if you have any niggly injuries, then skip this and do another aerobic activity. We are building your muscular resiliency but can do that with cycling, rowing etc.

[Post-run drills and side to side jogging \(Video\)](#)

WEDNESDAY
April 16

Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
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- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

Strength 1 (Video)

[Variety of Strength](#)

Strength 2 (Video)

[Quads, adductor, feet, deadlifts](#)

Aim for a **walk or other aerobic** activity.

Week 3 - Ending April 20th

THURSDAY
April 17

20 Minute Run/Walk

[Pre-re routine \(Video\)](#)

We are going to change paces a bit.

Run for 10 min as you feel – run/walk 3-4 min with 30 sec walk or 5-6 min with 30 sec or 10 min continuous.

Stop after 10 minutes

Then **everyone runs 1 min stronger than usual** – not sprint but stronger than usual then newest runners walk for 1 min, less new walk 30 sec and jog 30 sec and least new jog 1 min super easy; repeat that for 10 minutes.

*this introduces new gears to your running so that your default running speed can change over time (and you get faster and stronger). And it conditions your tendons and ligaments to handle more load since I am sure you will all be running a bit quicker than you ever imagined on race day when surrounded by 1000's of other runners.

Finish the last 10 min as you feel. This should be easy since you should be a bit more tired than usual.

[Post-run drills and side to side jogging \(Video\)](#)

FRIDAY
April 18

Day off or alternate activity

SATURDAY
April 19

45-50 minute Long Run/Walk

[Pre-re routine \(Video\)](#)

Lets go back to thinking "completion" – newest runner running 3-5 min with 30 sec walk.

For more of a challenge running 8-10 min with 30 sec walk.

For more of a challenge running 15-20 minutes then 30 sec walk if needed.

[Post-run drills and side to side jogging \(Video\)](#)

Week 3 - Ending April 20th

SUNDAY
April 20

Strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
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- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

Strength 1 (Video)
Variety of Strength

Strength 2 (Video)
Quads, adductor, feet, deadlifts

Week 4 - Ending April 27th

Recovery week midweek – add in alternate sports and give the running a bit of a break – we have been building for 3 weeks so let's shorten runs but keep fitness by continuing run frequency and add in other aerobic work.

MONDAY
April 21

Walk or spin or swim or row as you feel

Should not feel like a "job" but do it for energy and love it.

TUESDAY
April 22

20-30 minute Run/Walk

[Pre-re routine \(Video\)](#)

As you feel – totally up to you – we are trying to recharge the battery so no testing the body etc – this is all about a mental and physical re-charge.

[Post-run drills and side to side jogging \(Video\)](#)

WEDNESDAY
April 23

Alternate activity and strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
- 30 sec of Flat back core work – **right leg for 30 sec then left leg for 30 sec**
- Opposite arm/leg superman core work - **10 of each arm/leg**
- Quad press *using the band* - **5 x 10 sec holds each leg**
- Side lying hip work - *using band* - as per video - **5 x 10 sec holds each leg**
- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)
[Variety of Strength](#)

[Strength 2 \(Video\)](#)
[Quads, adductor, feet, deadlifts](#)

Week 4 - Ending April 27th

THURSDAY
April 24

20-30 minute Run/Walk

[Pre-re routine \(Video\)](#)

As you feel – totally up to you – we are trying to recharge the battery so no testing the body etc – this is all about a mental and physical re-charge.

[Post-run drills and side to side jogging \(Video\)](#)

FRIDAY
April 25

Yes you get a day off!!

SATURDAY
April 26

50-60 minute Long Run/Walk

[Pre-re routine \(Video\)](#)

This is a completion run – so maintain run/walk duration from last long run and just love this accomplishment.

[Post-run drills and side to side jogging \(Video\)](#)

SUNDAY
April 27

For sure walk or spin or swim to flush out the long run

Focus on mobility today – go for a walk – do not sit on the couch all day. Exercise today will fill your legs with blood and help with recovery

Week 5 - Ending May 4th

MONDAY
April 28

20-40 minute Run/Walk

[Pre-re routine \(Video\)](#)

Newest runners may run 20 min and try to run it as 10 min run and 30 sec walk since it is short.

For more of a challenge run 30-40 min.

For even more of a challenge run 40 minutes.

Run as you feel accomplishment.

[Post-run drills and side to side jogging \(Video\)](#)

TUESDAY
April 29

Alternate activity and strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
- Squat with Dumbbell overhead reach **x 12**
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- Adductor - **3 to 5 x 10 sec holds**

[Strength 1 \(Video\)](#)

Variety of Strength

[Strength 2 \(Video\)](#)

Quads, adductor, feet, deadlifts

WEDNESDAY
April 30

40 minutes Run/Walk

[Pre-re routine \(Video\)](#)

Try to build this run as you progress – run it as you wish to run the SportingLife 10k, that is, if you want to run 1 km run and 20 sec walk or 1 mile run and 20 sec walk or all continuous. Whichever you choose, aim to increase pace every 10 min and finish this run faster than you may run the SportingLife 10k. So start conservative (as you should on race day) and finish stronger (as you will on race day)

[Post-run drills and side to side jogging \(Video\)](#)

Week 5 - Ending May 4th

THURSDAY
May 1

Alternate activity

Should be easier aerobic activity to recovery from the run yesterday.

FRIDAY
May 2

Run easy 20-30 minutes

[Pre-re routine \(Video\)](#)

Maybe make this continuous or 10 min run and 20-30 sec walk – keep this easy – your big run tune up is on Sunday.

[Post-run drills and side to side jogging \(Video\)](#)

SATURDAY
May 3

Alternate activity and strength 2-3 rounds of:

- Bicep curl **x 10 reps**
- Walking lunges with dumbbells in the air **x 10 reps each leg**
- Tricep extensions **x 10 reps**
- Push ups **x 10 reps**
- Hinge at hip with Kettle Bell **x 12 reps**
- plank with alternating leg lift **x 20-30 sec**
- Side plank **x 20-30 sec each side**
- Kettle bell swings **x 30**
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[Strength 1 \(Video\)](#)
[Variety of Strength](#)

[Strength 2 \(Video\)](#)
[Quads, adductor, feet, deadlifts](#)

SUNDAY
May 4

40 minutes Run/Walk last “Long Run”

15 min easy totally as you feel;
stop and then run 2 x 1 min stronger with 1 min walk or jog;
then 2 min stronger then 1 min walk or jog;
that is 7 minutes;
repeat that again
run 2 x 1 min stronger with 1 min walk or jog;
then 2 min stronger then 1 min walk or jog;
then jog home as you feel – run/walk – all easy for 10 minutes up to 15 min

Week 5 - Ending May 4th

SUNDAY
May 4

40 minutes Run/Walk last “Long Run”

[Pre-re routine \(Video\)](#)

15 min easy totally as you feel;

stop and then run 2 x 1 min stronger with 1 min walk or jog;

then 2 min stronger then 1 min walk or jog;

that is 7 minutes;

repeat that again

run 2 x 1 min stronger with 1 min walk or jog;

then 2 min stronger then 1 min walk or jog;

then jog home as you feel – run/walk – all easy for 10 minutes up to 15 min

[Post-run drills and side to side jogging \(Video\)](#)

Week 6 - Ending May 11th

MONDAY
May 5

Walk or alternate activity

TUESDAY
May 6

Easy 30 min run as you feel

[Pre-re routine \(Video\)](#)

Find some rhythm. Practice your run/walk plan for race day. Visualize the race and the course.

For more of a challenge aim for 1 mile run or 10-12 min run and 30 sec walk.

[Post-run drills and side to side jogging \(Video\)](#)

WEDNESDAY
May 7

Walk or easy shorter aerobic activity

Just keeping moving.

THURSDAY
May 8

Run - Around 30 minutes

[Pre-re routine \(Video\)](#)

10 min easy with run/walk as you like – this should be easy; stop and then run 4 x 30 second accelerations with 1 min walk or jog recovery – feel fast, smooth, light – have perfect form; you should want to keep going and run further; then run 4 min steady at your ideal race effort – no faster – this is not a test. This is activation both in mind and body for race day; Finish with 10 min easy.

[Post-run drills and side to side jogging \(Video\)](#)

Week 6 - Ending May 11th

FRIDAY
May 9

Day off - rest up – eat well – walk spend time visualizing as follows:

- Make a list of your assets before the race –these are the only things you can think of in the race – these are all things that will not change regardless of your finishing position or time – it is important to remind yourself of your great assets while you race so that you will see that you are pretty darn amazing (even though it may get really hard during the race and you may not feel so “happy”) – how running makes you feel good and happy – how this is your happy place. Running gives you purpose.
- List your best workouts and why they were great – these are the only ones you can think of during the race!
- Write down your internal goals for the race – these are goals that are in your control – things like “I will be in control – I will run with pride but in control and if I slow down I will ask myself if I can run faster ... I won’t start too hard – but I will be comfortably quick for the whole race.
- Write down your external goals.. any time goals –these are somewhat out of our control but they are nice to think about but not accomplishing them does not mean failure and also accomplishing them doesn’t mean success. This would be a time goal.
- Success is being solid physically all day, being solid mentally
- Think conservative at the start and finding a nice rhythm for the first 3k – holding back a little bit – then digging in a bit from 4-7k – that will feel hard – the middle bit then you get close...now make every km faster than the last .. you know you are going to make it.
- Or 2 miles smooth – should feel easy- then 2 miles – joy – really talking to yourself then last 2 miles you are digging in and seeing if you can run faster.

SATURDAY
May 10

Activation Day

I prefer a non-run activation to save your legs for race day. But you do need to “move them under stress” to enhance blood flow and carbohydrate storage.

If you choose to run, then run 20-30 min – all easy but include some pickups - 10 min easy jog; 6 x 20 second accelerations with as much recovery as you want; 10 min easy jog home.

Here is an example of bike activation which can be applied to any other aerobic activity that is normal for you:

Bike activation – getting legs ready for race day - 15 min warm up to 100 watts;

Main set:

4 min as 15 sec strong – 45 sec easy; (again just warm up through it increasing watts as you warm up; (maybe 110 then 120, 130, 140 watts?)

2 min easy after 4 min are done;

4 min as 20 sec strong, 40 sec easy; (140 watts?)

2 min easy;

10 min easy warm down to 35 min

Week 6 - Ending May 11th

**SUNDAY
May 11**

Sporting Life 10 k Race Day

Definitely warm up - let's start with pre run routine - then do an easy 10 min jog to warm up; then line up and do the race - figure out what pace to run "no faster than" - but if the first km or mile feels hard then you are running too fast and just slow down a bit - today is your adventure... build through the run... you can unleash some speed in the last 20 minutes but not before that.

Revisit your homework - your assets - what you have going for yourself - why you are special; revisit your internal goals - I want to be strong - I will be good to myself - I will be my own biggest fan - I will keep the day light and effortless but full of effort - no effort will be wasted on negativity - it is all a gift - the day is a celebration - I am healthy - I want to get to the finish line without regrets - if I slow down, I take responsibility for that choice - if I speed up, then I take responsibility - I will make great choices and I will support my choices and not beat myself up for those choices; revisit your theme - why are you racing today? Close your eyes and see yourself being the person and athlete you want to be and then go start the race and let your body do what it is trained to do! Celebrate the great and the not so great! Celebrate your progress - you are an athlete - you are fast - go surprise yourself and play all day long - smile and play the game of sport.

Monday - walk and move and maybe do some other aerobic activity - swim or bike - do not run until Wednesday or Thursday! Celebrate