

WOLF RUN
WARM UP IN THE WILD

WOLF RUN 10 K
TRAINING PLAN

SAY HELLO TO THE WOLF RUN

1 WHAT IS A WOLF RUN?

The Wolf Run is an off-road running course that's equal parts thrilling and downright fun. Navigate a mix of man-made and natural obstacles, whether you're conquering them with your Wolf Pack or embracing the challenge as a lone wolf, you're guaranteed a muddy good time.

2 WHAT ARE THE BENEFITS?

The physical and mental benefits of a Wolf Run are unmatched. To put it simply, a Wolf Run is a sure-fire way to tone up those muscles, enhance your overall fitness and have fun while you're doing it. Not to mention the sense of achievement you'll feel after beasting an off-road 10K run in the great outdoors.

3 WHAT DO YOU NEED TO MASTER A 10K WOLF RUN?

Just like training for any run, you'll need to focus on your cardiovascular fitness and endurance; the only difference with a Wolf Run is that you'll also need the strength and agility to navigate the various obstacles thrown your way... and that's where our training plan comes in.



 WOLF RUN

WOLF RUN - 10K TRAINING PLAN

OUR PTS

We work with a number of roarsome PTs who have teamed up to create this expert 10K Wolf Run training plan. You can catch them giving demonstrations on how to execute some of the exercises in this plan on our socials.

WOLF RUN

1 WHAT IS THE 10K TRAINING PLAN?

Say hello to your fitness sidekick!

Our training plan isn't just a guide; it's your ticket to a healthier, fitter lifestyle.

With a blend of heart-pumping cardio and strength exercises, you'll be all set to tackle the unique challenges and obstacles of a 10K Wolf Run with a big smile on your face.

2 WHAT ARE THE BENEFITS TO THE PLAN?

Where do we start?

Embracing our training plan is like having a friendly guide to help you on your fitness journey.

This plan will boost your overall health and help you build the strength you need to reach your 10K goal.

Plus, it's your secret weapon to preventing overtraining, dodging injuries, and making sure you're all smiles as you conquer those obstacles.

3 HOW LONG IS THE PLAN?

Embark on our 10-week plan, ideal for intermediate runners aiming to conquer a 10K. Whether you're a frequent runner or a seasoned Wolf, this plan suits all levels. Jump in anytime, kickstart your journey, and achieve a healthier, stronger you with tailored workouts.

THE PLAN BREAKDOWN

1 WHAT'S INVOLVED?

Our 10K plan is a blend of boosting your running prowess, enjoying brisk jogs, longer runs and sprinkling in some upper and lower body strength training. With two short jogs, a timed run, and two strength training days each week, you're in for a well-rounded journey to level-up your running game.



2 WHAT DO I NEED TO GET STARTED?

We like to keep things simple. This plan combines running with bodyweight strength exercises, requiring only your favourite workout gear and a trusty pair of running shoes—no extra equipment needed to take your fitness journey to new heights.

3 HOW EXPERIENCED DO I NEED TO BE?

If you're comfortable with regular jogging or running for around 30 minutes at a moderate pace, you're on the right track. Whether you've completed shorter runs or maintained a consistent running routine, this plan is structured to elevate your fitness and prepare you for the 10K Wolf Run challenge.



WOLF RUN

LET'S GET
WILD



WEEK 1, 2 & 3

Weeks 1, 2, and 3 are all about finding your feet and rhythm, getting comfy in your running shoes, and gradually improving that awesome stamina.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	RUN 1 minute fast run 2 minute slow jog 2 minute fast jog Do this x4	REST	STRENGTH SESSION 1	RUN 1 minute fast run 2 minute slow jog 2 minute fast jog Do this x4	REST	RUN 1 minute fast run 2 minute slow jog 2 minute fast jog Do this x4	STRENGTH SESSION 2
WEEK 2	REST	RUN 2 minute fast run 2 minute jog 1 minute fast jog Do this x5	STRENGTH SESSION 1	REST	RUN 2 minute fast run 2 minute jog 1 minute fast jog Do this x5	STRENGTH SESSION 2	REST
WEEK 3	RUN 10 sec sprint 1 minute slow jog 1 min 30 sec fast jog Do this x9	STRENGTH SESSION 3	REST	RUN 10 sec sprint 1 minute slow jog 1 min 30 sec fast jog Do this x9	REST	STRENGTH SESSION 4	RUN 10 sec sprint 1 minute slow jog 1 min 30 sec fast jog Do this x9

TIP
Start strong and slow. Tune into our socials for PT-lead videos to help with your form.

FACT
The average person gains 1.4KG of muscle when sticking to a 10-week fitness plan.

CHALLENGE
Get your groove on! Choose a song and match the beat with your pace.

LEVELLING UP YOUR GAME

WEEK 4, 5 & 6

In Weeks 4, 5 and 6, we're cranking things up a notch, gradually increasing your running time while keeping those rest intervals in check. Your journey from interval training to a full-on run is in full swing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4	REST	RUN 30 minutes steady run	STRENGTH SESSION 3	RUN 30 sec sprint 30 sec slow jog 1 min fast jog 1 min slow jog Do this x10	REST	STRENGTH SESSION 4	RUN 30 minutes steady run
WEEK 5	STRENGTH SESSION 1	REST	RUN 30 sec sprint 30 sec slow jog 1 min fast jog 1 min fast run 1 min fast walk Do this x6	STRENGTH SESSION 2	RUN 30 minutes steady run	REST	RUN 30 sec sprint 30 sec slow jog 1 min fast jog 1 min fast run 1 min fast walk Do this x6
WEEK 6	STRENGTH SESSION 3	RUN Timed 5K fast run	REST	RUN 35 minute steady jog	STRENGTH SESSION 4	RUN 30 sec sprint 30 sec slow jog 1 min fast jog 1 min fast run 1 min fast walk Do this x8	REST

FACT

The average person walks the equivalent of three times around the world in their lifetime.

TIP

On rest days, hydrate, nourish your body, and catch those ZZZs for optimal recovery.

CHALLENGE

Mirror, mirror on the wall. Find a mirror and turn your strength training into a dance routine.

CRANK IT UP A NOTCH

WEEK 7, 8 & 9

Gear up for the challenge! In Weeks 7, 8, and 9, we're dialing up the resilience, preparing you for the diverse obstacles of a Wolf Run. Get ready for longer runs and faster sprints.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	STRENGTH SESSION 1	RUN Timed 5K fast run	RUN 30 sec sprint 30 sec slow jog 1 min fast jog 1 min fast run 1 min fast walk Do this x8	REST	STRENGTH SESSION 2	RUN 40 minute steady run	REST
WEEK 8	RUN 45 minute steady run	STRENGTH SESSION 3	REST	RUN 30 sec sprint 30 sec fast run 30 sec fast walk 30 sec slow jog Do this x6	STRENGTH SESSION 4	REST	RUN 45 minute steady run
WEEK 9	RUN Timed 5K fast run	STRENGTH SESSION 1	REST	RUN 50 minute steady run	RUN 30 sec sprint 30 sec fast run 30 sec fast walk 30 sec slow jog Do this x6	REST	STRENGTH SESSION 2

FACT
The longest recorded run was 350 miles in 80 hours.

TIP

After each workout, incorporate gentle stretching to enhance flexibility and reduce soreness.

CHALLENGE

During your 30 sec sprints, see how many Baby Sharks you can sing in your head. The average is 57.

WE'RE GOING UP A GEAR

WEEK 10 & EVENT DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10	RUN Timed 5K fast run	REST	RUN 40 minutes steady run	REST	RUN 10K steady run	REST	REST

FACT

The average wolf (the animal kind) can reach speeds of up to 35MPH!

EVENT DAY

TIP

Prep for triumph! The night before your run fuel up on carbs for energy, lean proteins for muscles, and veggies for a tasty boost.

Hooray! Your Wolf Run is finally here.

Remember to begin at a comfy pace, savouring every step, and save some energy for the thrilling obstacles ahead. Remind yourself of the strength you've built, both in body and spirit. Embrace the challenge with a smile, stay light on your toes, and soak it all in. You've got this—celebrate each stride of the incredible journey you've prepared for.

WOLF RUN

STRENGTH EXERCISES

STRENGTH SESSION 1

JUMPING JACKS

2 minutes
30 secs rest
x5

LUNGES

20 each leg
x3

PRESS UPS

15 press ups
x3

PLANK

1 minute
x3

STRENGTH SESSION 2

BURPEES

15 burpees
x5

SQUATS

20 squats
x5

STEP UPS

30 step ups
x3

CALF JUMPS

20 calf jumps
x3

TRICEP DIPS

15 tricep dips
x3

STRENGTH SESSION 3

STEP SPRINTS

x5

MOUNTAIN CLIMBERS

20 mountain climbers
x3

SIT UPS

20 sit ups
x3

TRICEP DIPS

10 tricep dips
x3

STRENGTH SESSION 4

SPRINT ON SPOT

sprint for 20 secs
rest for 10 secs
x5

BURPEES

15 burpees
x3

SQUATS

20 squats
x5

PRESS UPS

15 press ups
x5

CHECK OUT OUR SOCIALS

Click the icons below and follow us on our social channels for exclusive tips and videos straight from our PTs, guiding you through the correct forms for your workouts.



WOLF RUN

GLOSSARY

Your trusty guide to understanding the 10K Wolf Run training plan lingo.

10K: A 10K race covering 10 kilometres in the distance, or approximately 6.2 miles.

REST DAY: A rest day is a crucial break in your workout routine, allowing your body to recover and recharge.

SETS: A set is the number of times you do a group of repetitive movements one after the other.

JUMPING JACKS: Start with your feet together and arms at your sides, then jump to a position with your legs spread apart and arms overhead. You then return to the starting position with another jump.

FORWARD LUNGES: A forward lunge is when you bend both knees, take a big step forward, and backwards and then stand back up.

PRESS UPS: Press-ups, or push-ups, are like getting in a plank position and then lowering and pushing your body up.

PLANK: A plank is like holding a push-up position, resting on your forearms and toes for a period of time.

BURPEE: A burpee is where you squat down, go into a plank, do a push-up, jump back in, and finish with a jump up.

GLOSSARY

Your trusty guide to understanding the 10K Wolf Run training plan lingo.

SQUAT: A squat is where you bend your knees and lower your body as if you're sitting down, then stand back up.

STEP UPS: Step-ups are where you step up onto a raised surface, like a step or bench, using one foot and then bring the other foot up to meet it. Afterwards, you step back down.

CALF JUMP: A calf jump is where you push off the balls of your feet, lifting your heels off the ground and landing softly.

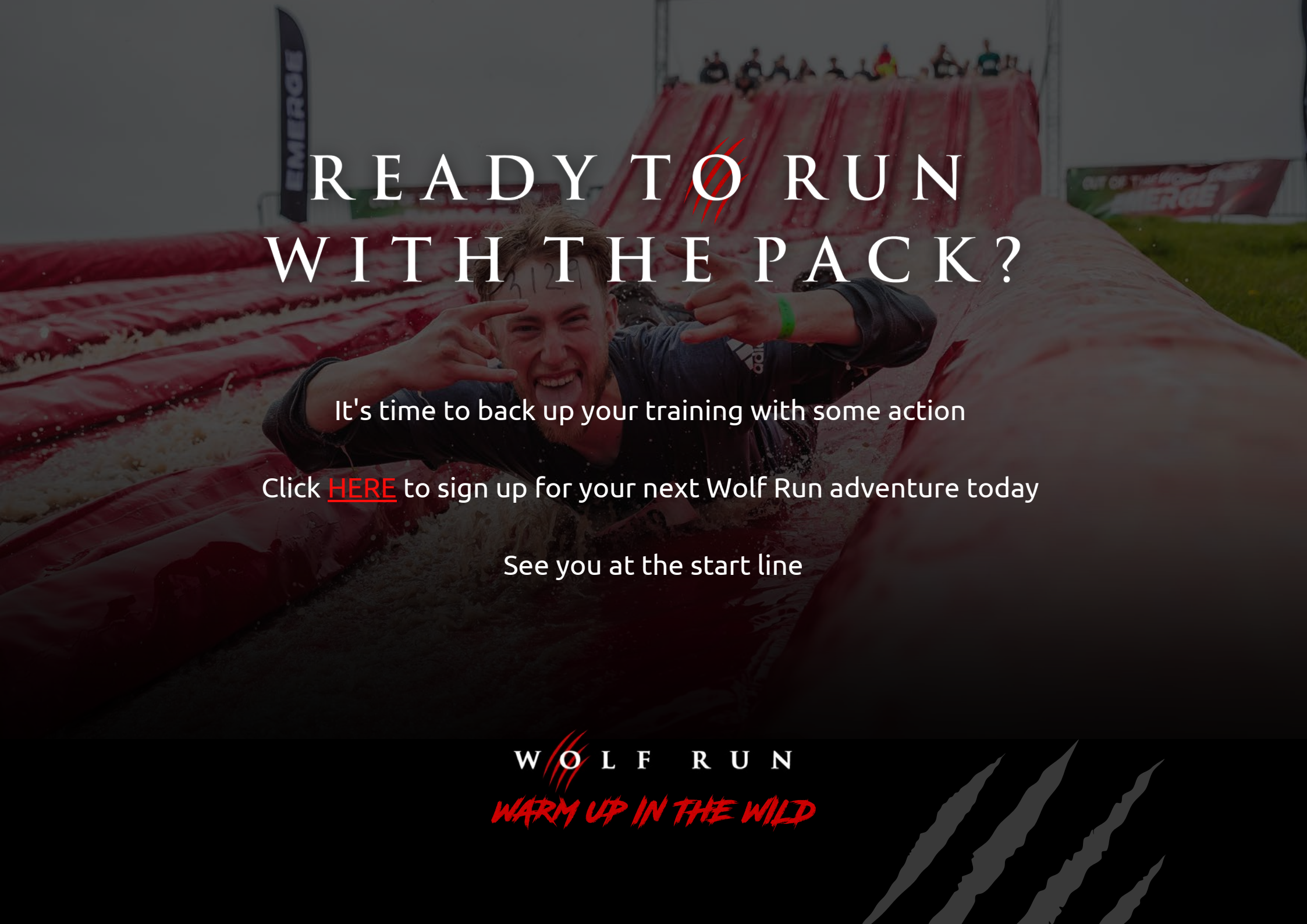
TRICEP DIP: A tricep dip where you lower and lift your body using your arms, typically by supporting yourself on a park bench or chair.

STEP SPRINTS: A step walk is where you run up and down some steps or stairs for a period of time.

MOUNTAIN CLIMBER: A mountain climber is where you start in a plank position and alternately bring your knees towards your chest, as if climbing a mountain.

SIT UPS: Sit ups are a core exercise where you lie on your back, bend your knees, and lift your upper body towards your knees.

WOLF RUN

A man with a beard and a green wristband is running through a sand pit, splashing sand. He is wearing a dark long-sleeved shirt and has the number '3123' on his forehead. In the background, there are spectators on a raised platform and banners for 'EMERGE' and 'OUT OF THE MUD RUN'.

READY TO RUN WITH THE PACK?

It's time to back up your training with some action

Click [HERE](#) to sign up for your next Wolf Run adventure today

See you at the start line

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