



40m

Sydney Striders

SUN RUN 7KM
8642

Sydney Striders

SUN RUN 7KM
8589

SUN RUN 7KM
9372

SUN RUN

Training Plan



northern
beaches
council

7km BEGINNER

This training plan is designed to help you finish the 7km course. For those who have not done a lot of running, this plan will help you build up gradually over the 8 weeks. You will start with alternating running and walking, and you should be able to speak or say a few words while you are running so that you are not completely out of breath. Good luck!



WEEK ENDING SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13.12.2025	3km - run 1 minute, walk 1 minute	Rest	3km - run 2 minutes, walk 1 minute	Rest	3km - run 3 minutes, walk 1 minute	Rest	3km - run 3 minutes, walk 1 minute
20.12.2025	4km - run 1 minute, walk 1 minute	Rest	3km - run 4 minutes, walk 1 minute	Rest	4km - run 5 minutes, walk 1 minute	Rest	4km - run 6 minutes, walk 1 minute
27.12.2025	4km - run 1 minute, walk 1 minute	Rest	5km - run 6 minutes, walk 1 minute	Rest	5km - run 7 minutes, walk 1 minute	Rest	5km - run 8 minutes, walk 1 minute
03.01.2026	5km - run 1 minute, walk 1 minute	Rest	5km - run 9 minutes, walk 1 minute	Rest	5km - run 1km, walk 1 minute	Rest	5km - run 10 minutes, walk 1 minute
10.01.2026	4km - non stop, start slowly	Rest	5km - run 3km, walk 2 minutes, run 2km	Rest	5km - non stop, start slowly	Rest	6km - run 3km, walk 2 minutes, run 3km
17.01.2026	4km - non stop, start slowly	Rest	5km - run 4km, walk 2 minutes, run 1km	Rest	5km - non stop, start slowly	Rest	Park Run - race practice
24.01.2026	4km - non stop, start slowly	Rest	6km - run 5km, walk 2 minutes, run 1km	Rest	6km - non stop, start slowly	Rest	7km - run 6km, walk 2 minutes, run 1km
31.01.2026	4km - non stop, start slowly	Rest	6km - non stop, start slowly	Rest	4km - non stop, start slowly	Rest	Sun Run event day

10km BEGINNER



This training plan is designed to help you finish the 10km course. For those who have done some running and able to run a few kilometres without stopping, this plan will help you build up gradually over the 8 weeks. Run at a pace where you are able to speak or say a few words, without being completely out of breath. Good luck!

WEEK ENDING SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13.12.2025	3km	Rest	3km	Rest	3km	Rest	3km
20.12.2025	4km	Rest	3km	Rest	4km	Rest	3km
27.12.2025	5km	Rest	4km	Rest	4km	Rest	Park Run - race practice
03.01.2026	4km	Rest	5km	Rest	4km	Rest	6km
10.01.2026	4km	Rest	6km	Rest	4km	Rest	7km
17.01.2026	4km	Rest	6km	Rest	4km	Rest	8km
24.01.2026	4km	Rest	7km	Rest	4km	Rest	9km
31.01.2026	4km	Rest	5km	Rest	3km	Rest	Sun Run event day

7km INTERMEDIATE



This training plan is designed to help you reach your target time for the 7km course. It assumes that you have been running and/or racing regularly for some time. Good luck!

WEEK ENDING SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13.12.2025	10km easy	Non-Running day / Cross Train	12x200m with 60 secs recovery at 5km pace	Easy 5km	5x1km with 3 mins recovery at target 7km pace	Rest	1km warm up, 6km at conversational pace, 1km cool down
20.12.2025	10km easy	Non-Running day / Cross Train	8x400m with 90 secs recovery at 5km pace	Easy 6km	2x1km, 2x1.5km, 1km with 3 mins recovery at target 7km pace	Rest	Park Run - race practice
27.12.2025	10km easy	Non-Running day / Cross Train	6x500m with 90 secs recovery at 5km pace	Easy 6km	4x1.5km with 3 mins recovery at target 7km pace	Rest	Hills session: 1km warm up, 10x1 min hills, jog down recovery, 1km cool down
03.01.2026	12km easy	Non-Running day / Cross Train	5x400m, 5x200m with 60 secs recovery at 5km pace	Easy 5km	6x800m with 2 mins recovery at 7km pace	Rest	Park Run - race practice
10.01.2026	14km easy	Non-Running day / Cross Train	6x600m with 90 secs recovery at 5km pace	Easy 6km	3x2km with 4 mins recovery at target 7km pace	Rest	Hills session: 1km warm up, 10x1 min hills, jog down recovery, 1km cool down
17.01.2026	14km easy	Non-Running day / Cross Train	10x400m with 90 secs recovery at 5km pace	Easy 5km	2x1km, 2x1.5km, 2x1km with 3 mins recovery at target 7km pace	Rest	Park Run - race practice
24.01.2026	14km easy	Non-Running day / Cross Train	16x200m with 60 secs recovery at 5km pace	Easy 6km	5x1km with 3 mins recovery at target 7km pace	Rest	1km warm up, 6km at conversational pace pace, 1km cool down
31.01.2026	12km easy	Non-Running day / Cross Train	8x400m with 90 secs recovery at 5km pace	Easy 5km	Easy 5km	Rest	Sun Run event day

10km INTERMEDIATE



This training plan is designed to help you reach your target time for the 10km course. It assumes that you have been running and/or racing regularly for some time. Good luck!

WEEK ENDING SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13.12.2025	10km easy	Non-Running day / Cross Train	20x200m with 60 secs recovery at 5km pace	Easy 6km	5x1km with 3 mins recovery at target 10km pace	Rest	1km warm up, 6km at conversational pace, 1km cool down
20.12.2025	12km easy	Non-Running day / Cross Train	10x400m with 90 secs recovery at 5km pace	Easy 8km	2x1km, 2x1.5km, 1km with 3 mins recovery at target 10km pace	Rest	Park Run - race practice
27.12.2025	12km easy	Non-Running day / Cross Train	8x500m with 90 secs recovery at 5km pace	Easy 8km	4x1.5km with 3 mins recovery at target 10km pace	Rest	Hills session: 1km warm up, 10x1 min hills, jog down recovery, 1km cool down
03.01.2026	14km easy	Non-Running day / Cross Train	5x200m, 5x400m, 5x200m with 60 secs recovery at 5km pace	Easy 6km	6x800m with 2 mins recovery at 10km pace	Rest	Park Run - race practice
10.01.2026	14km easy	Non-Running day / Cross Train	8x600m with 90 secs recovery at 5km pace	Easy 8km	3x2km with 4 mins recovery at target 10km pace	Rest	Hills session: 1km warm up, 10x1 min hills, jog down recovery, 1km cool down
17.01.2026	16km easy	Non-Running day / Cross Train	12x400m with 90 secs recovery at 5km pace	Easy 8km	2x1km, 2x1.5km, 2x1km with 3 mins recovery at target 10km pace	Rest	Park Run - race practice
24.01.2026	16km easy	Non-Running day / Cross Train	24x200m with 60 secs recovery at 5km pace	Easy 8km	5x1km with 3 mins recovery at target 10km pace	Rest	1km warm up, 6km at conversational pace, 1km cool down
31.01.2026	12km easy	Non-Running day / Cross Train	8x400m with 90 secs recovery at 5km pace	Easy 6km	Easy 6km	Rest	Sun Run event day

Thanks to our Sun Run pacers, Sydney Striders,
for providing these training plans! Sydney Striders hold
weekly training groups across various locations in Sydney.
If you are interested in joining, please contact
info@sydneystriders.org.au



sunrun.com.au