

# 10 MILE CHALLENGER TRAINING PLAN

WEEK 1		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>35 min easy run</b>	REST	<b>25 min easy run</b>	<b>50 min easy run</b>
	35 minutes of easy running.		35 minutes of easy running.		25 minutes of easy running.	50 minutes of easy running.

WEEK 2		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>3 x 6 min @ 10K - HM pace; 2½ min walk/jog recovery</b>	REST	<b>25 min easy run</b>	<b>60 min easy run</b>
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at a pace between your 10K and Half Marathon goal pace followed by 2½ minutes jog/walk to recover, repeated 3 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 3		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>Tempo run: 20 min hard even effort</b>	REST	<b>25 min easy run</b>	<b>50 min easy run</b>
	35 minutes of easy running.		20 minutes of hard even running, plus 10 minutes warm up and 10 minutes warm down.		25 minutes of easy running.	50 minutes of easy running.

WEEK 4		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>5 x 3 min @ 10K pace; 2 min walk/jog recovery</b>	REST	<b>25 min easy run</b>	<b>60 min easy run</b>
	35 minutes of easy running.		Start with a 10 min warm up. Run 3 minutes at your 10K goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 5		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>4 x 6 min @ 10 mile pace; 3 min walk/jog recovery</b>	REST	<b>25 min easy run</b>	<b>60 min easy run</b>
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 6		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>30 min easy run</b>	REST	<b>25 min easy run</b>	<b>30 min easy run</b>
	30 minutes of easy running.		30 minutes of easy running.		25 minutes of easy running.	30 minutes of easy running.

# 10 MILE CHALLENGER TRAINING PLAN


WEEK 7		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>10 x 1 min @ 3K pace; 75 sec walk/jog recovery</b>	REST	<b>25 min easy run</b>	<b>60 min easy run</b>
	35 minutes of easy running.		Start with a 10 min warm up. Run 1 minute at 3K pace followed by 75 secs jog/walk to recover, repeated 10 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 8		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>10min + 8min + 5min @ 10 mile pace; 3 min walk/jog recovery</b>	REST	<b>25 min easy run</b>	<b>60 min easy run</b>
	35 minutes of easy running.		Start with a 10 min warm up. Run efforts of 10 minutes, 8 minutes and 5 minutes at your 10 mile goal pace. Follow each with 3 a minute jog/walk to recover. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 9		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>40 min run @ steady relaxed 3/4 effort</b>	REST	<b>25 min easy run</b>	<b>80 min easy run</b>
	35 minutes of easy running.		40 minutes of steady running at 3/4 effort of your steady race pace.		25 minutes of easy running.	80 minutes of easy running.

WEEK 10		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>6 min @ 10K pace; 4 min walk/jog recovery; 5 x 30 sec; 30 secs jog recovery</b>	REST	<b>25 min easy run</b>	<b>60 min easy run</b>
	35 minutes of easy running.		Start with a 10 minute warm up. Run a 6 minute effort at your 10K pace, followed by 4 minutes jog/walk to recover. Then run 5 sets of 30 second efforts, each followed by a 30 second jog/walk recovery. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 11		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>35 min easy run</b>	REST	<b>50 min easy run</b>	REST	<b>25 min easy run</b>	<b>45 min easy run</b>
	35 minutes of easy running.		50 minutes of easy running.		25 minutes of easy running.	45 minutes of easy running.

WEEK 12		Completed	Completed	Completed	Completed	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 25 OCTOBER
REST	<b>35 min easy run</b>	REST	<b>25 min easy run</b>	REST	<b>10 min easy jog or rest</b>	
	35 minutes of easy running.		25 minutes of easy running.		10 minutes of easy jogging or rest	<b>GOOD LUCK!</b>