



TRAINING PLANS | DIARY | ROUTES | STATS | ADVICE | TIPS

## **10 MILE IMPROVER TRAINING PLAN**

WEEK 1	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	20 min easy run	REST	20 min easy run	30 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	30 minutes of easy running.
WEEK 2	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	5 x 3 min @ 10K pace; 2 mins walk/jog recovery	REST	20 min easy run	40 min easy run
	20 minutes of easy running.		After a gentle warm up jog, 3 minutes at your 10K pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish with a gentle jog.		20 minutes of easy running.	40 minutes of easy running.
WEEK 3	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min easy run	REST	3 x 6 min @ 10 mile goal pace; 3 mins walk/jog recovery	REST	25 min easy run	45 min easy run
	25 minutes of easy running.		After a gentle warm up jog, 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.		25 minutes of easy running.	45 minutes of easy running.
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WEEK 4	Completed		Completed		Completed	Completed
WEEK 4	TUESDAY Completed	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Completed SUNDAY
		WEDNESDAY		FRIDAY REST		
MONDAY	TUESDAY		10 mins warm up + 25 mins		SATURDAY	SUNDAY
MONDAY	30 min easy run  30 minutes of easy running.		10 mins warm up + 25 mins steady run + 10 mins warm down  25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.		30 min easy run  30 minutes of easy running.	50 min easy run  50 minutes of easy running.
MONDAY	30 min easy run  30 minutes of easy running.		10 mins warm up +25 mins steady run +10 mins warm down  25 minutes of steady running, plus 10 minutes warm up and 10		SATURDAY  30 min easy run	SUNDAY 50 min easy run
MONDAY REST WEEK 5	30 min easy run  30 minutes of easy running.  Completed	REST	10 mins warm up + 25 mins steady run + 10 mins warm down 25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.  Completed	REST	30 min easy run  30 minutes of easy running.  Completed	50 min easy run  50 minutes of easy running.  Completed
MONDAY REST WEEK 5	30 min easy run  30 minutes of easy running.  Completed	REST	10 mins warm up + 25 mins steady run+10 mins warm down  25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.  Completed THURSDAY  4 x 3 min @ 5K pace; 2½ mins	REST	30 min easy run  30 minutes of easy running.  Completed SATURDAY	50 min easy run  50 minutes of easy running.  Completed SUNDAY
MONDAY REST WEEK 5	TUESDAY  30 min easy run  30 minutes of easy running.  Completed  TUESDAY  30 min easy run  30 minutes of easy running.	REST	10 mins warm up + 25 mins steady run + 10 mins warm down  25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.  Completed  THURSDAY  4 x 3 min @ 5K pace; 2½ mins jog/walk recovery  After a gentle warm up, 3 minutes at your 5K pace followed by 2½ minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.	REST	30 min easy run  30 minutes of easy running.  Completed SATURDAY  20 min easy run  20 minutes of easy running.	SUNDAY  50 min easy run  50 minutes of easy running.  Completed SUNDAY  60 min easy run  60 minutes of easy running.
WEEK 5 MONDAY REST	TUESDAY  30 min easy run  30 minutes of easy running.  Completed TUESDAY  30 min easy run  30 minutes of easy running.	REST	THURSDAY  10 mins warm up + 25 mins steady run + 10 mins warm down  25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.  Completed  THURSDAY  4 x 3 min @ 5K pace; 2½ mins jog/walk recovery  After a gentle warm up, 3 minutes at your 5K pace followed by 2½ minutes jog/walk to recover, repeated 4 times. Finish with a	REST	30 min easy run  30 minutes of easy running.  Completed SATURDAY  20 min easy run	50 min easy run  50 minutes of easy running.  Completed SUNDAY  60 min easy run
WEEK 5 MONDAY REST WEEK 6	TUESDAY  30 min easy run  30 minutes of easy running.  Completed  TUESDAY  30 min easy run  30 minutes of easy running.	WEDNESDAY REST	THURSDAY  10 mins warm up + 25 mins steady run + 10 mins warm down  25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.  Completed  THURSDAY  4 x 3 min @ 5K pace; 2½ mins jog/walk recovery  After a gentle warm up, 3 minutes at your 5K pace followed by 2½ minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.  Completed	FRIDAY	30 min easy run  30 minutes of easy running.  Completed  SATURDAY  20 min easy run  20 minutes of easy running.	SUNDAY  50 min easy run  50 minutes of easy running.  Completed  SUNDAY  60 min easy run  60 minutes of easy running.





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MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  REST  30 min easy run  REST  35 min easy run, middle 20 mins steady  REST  30 minutes of easy running.  35 minutes of running - first 10 minutes easy, then 20 minutes at		npleted
mins steady  30 minutes of easy running.  35 minutes of running - first 10	SATURDAY SUNDAY	
	30 min easy run 50 min easy run	
a steady pace, and finish off with 5 minutes easy.	30 minutes of easy running. 50 minutes of easy running	g.
WEEK 8 Completed Completed	Completed Com	npleted
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	SATURDAY SUNDAY	
REST 30 min easy run REST 10 min + 8 min + 5 min @ 10 mile pace; 3 min walk/jog recovery REST	30 min easy run 60 min easy run	
30 minutes of easy running.  After a gentle warm up, run efforts of 10 minutes, 8 minutes and 5 minutes at your 10 mile pace. Follow each with 3 minutes jog/walk recovery. Finish off with a gentle jog.	30 minutes of easy running. 60 minutes of easy running	g.
WEEK 9 Completed Completed	Completed Com	npleted
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	SATURDAY SUNDAY	
REST 30 min easy run REST Acceleration run: 8 mins @ 10K goal pace +4 mins @ 5K pace REST	30 min easy run 70 min easy run	
30 minutes of easy running.  After a gentle warm up, 8 minutes are your 10K goal pace followed by 4 minutes running at your 5k pace. Finish with a gentle jog.	30 minutes of easy running. 70 minutes of easy running	g.
WEEK 10 Completed Completed	Completed Com	npleted
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	SATURDAY SUNDAY	ipieteu
REST 40 min easy run REST 35 min steady run incl. last 5 mins hard	30 min easy run 80 min easy run	
40 minutes of easy running.  30 minutes of steady running then 5 minutes of hard controlled running.	30 minutes of easy running. 80 minutes of easy running	g.
	Completed Com	npleted
WFFK 11	Completed	ipietea
WEEK 11 Completed Completed  MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY	SATURDAY SUNDAY	
	SATURDAY SUNDAY  30 min easy run  45 min easy run	
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY  REST 30 min easy run REST 3 x 6 mins @ 10 mile pace: REST		g.
MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  REST  3 x 6 mins @ 10 mile pace; 2 mins walk/jog recovery  After a gentle warm up, 6 minutes at your 10 mile pace, followed by 2 minuts jog/walk to recover, repeated 3 times. Finish with a gentle jog.	30 min easy run  45 min easy run  30 minutes of easy running.  45 minutes of easy running	
MONDAY   TUESDAY   WEDNESDAY   THURSDAY   FRIDAY	30 min easy run  45 min easy run  30 minutes of easy running.  45 minutes of easy running	ng.
MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY  REST  30 min easy run  30 minutes of easy running.  After a gentle warm up, 6 minutes at your 10 mile pace, followed by 2 minuts jog/walk to recover, repeated 3 times. Finish with a gentle jog.  WEEK 12  Completed  Completed	30 min easy run  30 minutes of easy running.  45 min easy run  45 minutes of easy running  Completed  Completed	