

# 10 MILE IMPROVER TRAINING PLAN

WEEK 1		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>20 min easy run</b>	REST	<b>20 min easy run</b>	REST	<b>20 min easy run</b>	<b>30 min easy run</b>
	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	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>20 min easy run</b>	REST	<b>5 x 3 min @ 10K pace; 2 mins walk/jog recovery</b>	REST	<b>20 min easy run</b>	<b>40 min easy run</b>
	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	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>25 min easy run</b>	REST	<b>3 x 6 min @ 10 mile goal pace; 3 mins walk/jog recovery</b>	REST	<b>25 min easy run</b>	<b>45 min easy run</b>
	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.

WEEK 4		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>10 mins warm up + 25 mins steady run + 10 mins warm down</b>	REST	<b>30 min easy run</b>	<b>50 min easy run</b>
	30 minutes of easy running.		25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.		30 minutes of easy running.	50 minutes of easy running.

WEEK 5		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>4 x 3 min @ 5K pace; 2½ mins jog/walk recovery</b>	REST	<b>20 min easy run</b>	<b>60 min easy run</b>
	30 minutes of easy running.		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.		20 minutes of easy running.	60 minutes of easy running.

WEEK 6		Completed	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>10 min easy run</b>	<b>40 min easy run</b>
	30 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

# 10 MILE IMPROVER TRAINING PLAN


WEEK 7						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>35 min easy run, middle 20 mins steady</b>	REST	<b>30 min easy run</b>	<b>50 min easy run</b>
	30 minutes of easy running.		35 minutes of running - first 10 minutes easy, then 20 minutes at a steady pace, and finish off with 5 minutes easy.		30 minutes of easy running.	50 minutes of easy running.

WEEK 8						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>10 min + 8 min + 5 min @ 10 mile pace; 3 min walk/jog recovery</b>	REST	<b>30 min easy run</b>	<b>60 min easy run</b>
	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.

WEEK 9						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>Acceleration run: 8 mins @ 10K goal pace + 4 mins @ 5K pace</b>	REST	<b>30 min easy run</b>	<b>70 min easy run</b>
	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.

WEEK 10						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>40 min easy run</b>	REST	<b>35 min steady run incl. last 5 mins hard</b>	REST	<b>30 min easy run</b>	<b>80 min easy run</b>
	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.

WEEK 11						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	<b>30 min easy run</b>	REST	<b>3 x 6 mins @ 10 mile pace; 2 mins walk/jog recovery</b>	REST	<b>30 min easy run</b>	<b>45 min easy run</b>
	30 minutes of easy running.		After a gentle warm up, 6 minutes at your 10 mile pace, followed by 2 mins jog/walk to recover, repeated 3 times. Finish with a gentle jog.		30 minutes of easy running.	45 minutes of easy running.

WEEK 12						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 25 OCTOBER
REST	<b>35 min easy run</b>	REST	<b>20 min easy run</b>	REST	<b>10 min easy jog or rest</b>	
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy jogging or rest	<b>GOOD LUCK!</b>