



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

## **10 MILE STARTER TRAINING PLAN**

VEEK 1	Completed			Completed		Comp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	10 min run/walk	REST	REST	10 min easy run	REST	15 min easy run
	Mix up periods of running with walking for a total of 10 minutes.			10 minutes of easy running.		15 minutes of easy running.
IEEK 2	Completed			Completed		Comp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	REST	10 min easy run	REST	20 min easy rur
	15 minutes of easy running.			10 minutes of easy running.		20 minutes of easy running.
/EEK 3	Completed			Completed	Completed	Comp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	REST	15 min easy run	REST	20 min easy rui
	15 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.
VEEK 4	Completed			Completed		Com
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	REST	20 min easy run	REST	20 min easy rui
	15 minutes of easy running.			20 minutes of easy running.		20 minutes of easy running.
IEEK 5	Completed		Completed		Completed	Com
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	25 min easy rui
ILOI	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	25 minutes of easy running.
VEEK 6	Completed		Completed		Completed	Comp
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy rui
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.





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WEEK 7		IO WILL 3	IANIEN INAINI	NUFLAN		
MONDAY	Completed TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Completed SUNDAY
REST	20 min easy run	REST	25 min easy run	REST	15 min easy run	50 min easy run
	20 minutes of easy running.		25 minutes of easy running.		15 minutes of easy running.	50 minutes of easy running.
WEEK 8	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	30 min easy run	REST	10 min easy run	60 min easy run
	20 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	60 minutes of easy running.
WEEK 9	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	30 min easy run	REST	15 min easy run	70 min easy run
	20 minutes of easy running.		30 minutes of easy running.		15 minutes of easy running.	70 minutes of easy running.
WEEK 10	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	80 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.
WEEK 11	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	50 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	50 minutes of easy running.
WEEK 12	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 25 OCTOBER
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	MORRISONS great South
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running or rest.	GOOD LUCK!