

Improver 10k 12 Week Training Plan

Event day: **Sunday 28 May 2017**
Website: greatrun.org/manchester



| WEEK 1 | | Completed | Completed | Completed | Completed | Completed |
|--------|-----------------------------|-----------|-----------------------------|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | 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 | Completed |
|--------|-----------------------------|-----------|--|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 20 min easy run | REST | 5 x 3 min @ 10k pace; 2 mins jog / walk recovery | REST | 20 min easy run | 40 min easy run |
| | 20 minutes of easy running. | | Run five 3-minute efforts at approx. your current 10K race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish. | | 20 minutes of easy running. | 40 minutes of easy running. |

| WEEK 3 | | Completed | Completed | Completed | Completed | Completed |
|--------|-----------------------------|-----------|--|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 25 min easy run | REST | 2 x 8 min @ 10k goal pace; 5 mins walk / jog recovery | REST | 25 min easy run | 40 min easy run |
| | 25 minutes of easy running. | | Run two 8-minute efforts at approx. your 10K goal race pace, with a 5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish. | | 25 minutes of easy running. | 40 minutes of easy running. |

| WEEK 4 | | Completed | Completed | Completed | Completed | Completed |
|--------|-----------------------------|-----------|--|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 25 mins steady with 10 mins warm up & warm down | REST | 30 min easy run | 45 min easy run |
| | 30 minutes of easy running. | | After a 10 minute easy jog to warm up, run 25 minutes at a steady pace. Finish off with 10 minutes of easy jogging to warm down. | | 30 minutes of easy running. | 45 minutes of easy running. |

| WEEK 5 | | Completed | Completed | Completed | Completed | Completed |
|--------|-----------------------------|-----------|---|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 4 x 3 min efforts @ 5k pace; 2.5 mins jog / walk recovery | REST | 30 min easy run | 60 min easy run |
| | 30 minutes of easy running. | | Run four 3-minute efforts at approx. your current 5K race pace, with a 2.5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish. | | 30 minutes of easy running. | 60 minutes of easy running. |

| WEEK 6 | | Completed | Completed | Completed | Completed | Completed |
|--------|-----------------------------|-----------|-----------------------------|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 30 min easy run | REST | 10 min easy run | 40 min easy run |
| | 30 minutes of easy running. | | 30 minutes of easy running. | | 10 minutes of easy running. | 40 minutes of easy running. |

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| WEEK 7 | | Completed | Completed | Completed | Completed | |
|--------|-----------------------------|-----------|--|-----------|-----------------------------|----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 35 Easy, 20 steady in the middle | REST | 25 min easy run | 40 min easy run |
| | 30 minutes of easy running. | | 30 minutes running, with 20 minutes at a steady pace in the middle. Easy pace for the rest of the run. | | 25 minutes of easy running. | 40 minutes of easy running |

| WEEK 8 | | Completed | Completed | Completed | Completed | |
|--------|-----------------------------|-----------|---|-----------|-----------------------------|----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 6 x 2.5 mins @ alternate 10k and 5k pace; 2 min recovery | REST | 30 min easy run | 50 min easy run |
| | 30 minutes of easy running. | | Run six 2.5-minute efforts alternating each effort between your current 5K & 10K race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish. | | 30 minutes of easy running. | 50 minutes of easy running |

| WEEK 9 | | Completed | Completed | Completed | Completed | |
|--------|-----------------------------|-----------|---|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | acceleration run - 8 mins @ 10k goal pace; 4 mins @ 5k pace recovery | REST | 30 min easy run | 60 min easy run |
| | 30 minutes of easy running. | | After a 10 minute easy jog to warm up, run 8 minutes at your 10K goal pace, immediately followed by 4 minutes at your current 5K pace. Finish off with 10 minutes of easy jogging to warm down. | | 30 minutes of easy running. | 60 minutes of easy running. |

| WEEK 10 | | Completed | Completed | Completed | Completed | |
|---------|-----------------------------|-----------|---|-----------|-----------------------------|----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 40 min easy run | REST | 35 Steady, last 5 mins hard | REST | 30 min easy run | 50 min easy run |
| | 40 minutes of easy running. | | 30 minutes of steady running then 5 minutes hard controlled running to finish | | 30 minutes of easy running. | 50 minutes of easy running |

| WEEK 11 | | Completed | Completed | Completed | Completed | |
|---------|-----------------------------|-----------|---|-----------|-----------------------------|-----------------------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 3 x 6 mins @ half marathon pace; 2 mins recovery recovery | REST | 30 min easy run | 45 min easy run |
| | 30 minutes of easy running. | | Run three 6-minute efforts at your current half marathon race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish. | | 30 minutes of easy running. | 45 minutes of easy running. |

| WEEK 12 | | Completed | Completed | Completed | Completed | |
|---------|-----------------------------|-----------|-----------------------------|-----------|-----------------------------|------------|
| MON | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 35 min easy run | REST | 20 min easy run | REST | 10 min easy run | Event day |
| | 35 minutes of easy running. | | 20 minutes of easy running. | | 10 minutes of easy running. | GOOD LUCK! |