

# Introductory 10k 16 Week Training Plan

Event day: **Sunday 28 May 2017**  
Website: [greatrun.org/manchester](http://greatrun.org/manchester)



| WEEK 1 |                                                                   | Completed |       |                                                                   | Completed |                                                                   |  | Completed |
|--------|-------------------------------------------------------------------|-----------|-------|-------------------------------------------------------------------|-----------|-------------------------------------------------------------------|--|-----------|
| MON    | TUESDAY                                                           | WED       | THURS | FRIDAY                                                            | SAT       | SUNDAY                                                            |  |           |
| REST   | 10 min run/walk                                                   | REST      | REST  | 15 min run/walk                                                   | REST      | 15 min run/walk                                                   |  |           |
|        | Mix up periods of running with walking for a total of 10 minutes. |           |       | Mix up periods of running with walking for a total of 15 minutes. |           | Mix up periods of running with walking for a total of 15 minutes. |  |           |

| WEEK 2 |                                                                   | Completed |       |                             | Completed |                             |  | Completed |
|--------|-------------------------------------------------------------------|-----------|-------|-----------------------------|-----------|-----------------------------|--|-----------|
| MON    | TUESDAY                                                           | WED       | THURS | FRIDAY                      | SAT       | 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. |  |           |

| WEEK 3 |                             | Completed |       |                             | Completed |                             |  | Completed |
|--------|-----------------------------|-----------|-------|-----------------------------|-----------|-----------------------------|--|-----------|
| MON    | TUESDAY                     | WED       | THURS | FRIDAY                      | SAT       | SUNDAY                      |  |           |
| REST   | 15 min easy run             | REST      | REST  | 10 min easy run             | REST      | 20 min easy run             |  |           |
|        | 15 minutes of easy running. |           |       | 10 minutes of easy running. |           | 20 minutes of easy running. |  |           |

| WEEK 4 |                             | Completed |       |                             | Completed |                             |  | Completed |
|--------|-----------------------------|-----------|-------|-----------------------------|-----------|-----------------------------|--|-----------|
| MON    | TUESDAY                     | WED       | THURS | FRIDAY                      | SAT       | SUNDAY                      |  |           |
| REST   | 15 min easy run             | REST      | REST  | 15 min easy run             | REST      | 20 min easy run             |  |           |
|        | 15 minutes of easy running. |           |       | 15 minutes of easy running. |           | 20 minutes of easy running. |  |           |

| WEEK 5 |                             | Completed |       |                             | Completed |                             |  | Completed |
|--------|-----------------------------|-----------|-------|-----------------------------|-----------|-----------------------------|--|-----------|
| MON    | TUESDAY                     | WED       | THURS | FRIDAY                      | SAT       | SUNDAY                      |  |           |
| REST   | 20 min easy run             | REST      | REST  | 15 min easy run             | REST      | 20 min easy run             |  |           |
|        | 20 minutes of easy running. |           |       | 15 minutes of easy running. |           | 20 minutes of easy running. |  |           |

| WEEK 6 |                             | Completed |       |                             | Completed |                             |  | Completed |
|--------|-----------------------------|-----------|-------|-----------------------------|-----------|-----------------------------|--|-----------|
| MON    | TUESDAY                     | WED       | THURS | FRIDAY                      | SAT       | SUNDAY                      |  |           |
| REST   | 15 min easy run             | REST      | REST  | 15 min easy run             | REST      | 25 min easy run             |  |           |
|        | 15 minutes of easy running. |           |       | 15 minutes of easy running. |           | 25 minutes of easy running. |  |           |

| WEEK 7 |                             | Completed |       |                             | Completed |                             |  | Completed |
|--------|-----------------------------|-----------|-------|-----------------------------|-----------|-----------------------------|--|-----------|
| MON    | TUESDAY                     | WED       | THURS | FRIDAY                      | SAT       | SUNDAY                      |  |           |
| REST   | 15 min easy run             | REST      | REST  | 15 min easy run             | REST      | 25 min easy run             |  |           |
|        | 15 minutes of easy running. |           |       | 15 minutes of easy running. |           | 25 minutes of easy running. |  |           |

| WEEK 8 |                             | Completed |                             |        | Completed                   |                             |  | Completed |
|--------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-----------------------------|--|-----------|
| MON    | TUESDAY                     | WED       | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |  |           |
| REST   | 15 min easy run             | REST      | 20 min easy run             | REST   | 10 min easy run             | 20 min easy run             |  |           |
|        | 15 minutes of easy running. |           | 20 minutes of easy running. |        | 10 minutes of easy running. | 20 minutes of easy running. |  |           |

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| WEEK 9 |                             | Completed | Completed                   |        | Completed                   | Completed                     |  |
|--------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-------------------------------|--|
| MON    | TUESDAY                     | WED       | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                        |  |
| REST   | 15 min easy run             | REST      | 20 min easy run             | REST   | 10 min easy run             | 15 min steady run             |  |
|        | 15 minutes of easy running. |           | 20 minutes of easy running. |        | 10 minutes of easy running. | 15 minutes of steady running. |  |

| WEEK 10 |                             | Completed | Completed                   |        | Completed                   | Completed                   |  |
|---------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-----------------------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |  |
| REST    | 15 min easy run             | REST      | 20 min easy run             | REST   | 10 min easy run             | 25 min easy run             |  |
|         | 15 minutes of easy running. |           | 20 minutes of easy running. |        | 10 minutes of easy running. | 25 minutes of easy running. |  |

| WEEK 11 |                             | Completed | Completed                     |        | Completed                   | Completed                   |  |
|---------|-----------------------------|-----------|-------------------------------|--------|-----------------------------|-----------------------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                      | FRIDAY | SATURDAY                    | SUNDAY                      |  |
| REST    | 15 min easy run             | REST      | 15 min steady run             | REST   | 10 min easy run             | 30 min easy run             |  |
|         | 15 minutes of easy running. |           | 15 minutes of steady running. |        | 10 minutes of easy running. | 30 minutes of easy running. |  |

| WEEK 12 |                             | Completed | Completed                     |        | Completed                   | Completed                   |  |
|---------|-----------------------------|-----------|-------------------------------|--------|-----------------------------|-----------------------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                      | FRIDAY | SATURDAY                    | SUNDAY                      |  |
| REST    | 20 min easy run             | REST      | 20 min steady run             | REST   | 15 min easy run             | 40 min easy run             |  |
|         | 20 minutes of easy running. |           | 20 minutes of steady running. |        | 15 minutes of easy running. | 40 minutes of easy running. |  |

| WEEK 13 |                             | Completed | Completed                   |        | Completed                   | Completed                   |  |
|---------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-----------------------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |  |
| REST    | 15 min easy run             | REST      | 20 min easy run             | REST   | 15 min easy run             | 45 min easy run             |  |
|         | 15 minutes of easy running. |           | 20 minutes of easy running. |        | 15 minutes of easy running. | 45 minutes of easy running. |  |

| WEEK 14 |                             | Completed | Completed                     |        | Completed                   | Completed                   |  |
|---------|-----------------------------|-----------|-------------------------------|--------|-----------------------------|-----------------------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                      | FRIDAY | SATURDAY                    | SUNDAY                      |  |
| REST    | 10 min easy run             | REST      | 15 min steady run             | REST   | 15 min easy run             | 50 min easy run             |  |
|         | 10 minutes of easy running. |           | 15 minutes of steady running. |        | 15 minutes of easy running. | 50 minutes of easy running. |  |

| WEEK 15 |                             | Completed | Completed                   |        | Completed                   | Completed                   |  |
|---------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|-----------------------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY                      |  |
| REST    | 15 min easy run             | REST      | 15 min easy run             | REST   | 10 min easy run             | 15 min steady run           |  |
|         | 15 minutes of easy running. |           | 15 minutes of easy running. |        | 10 minutes of easy running. | 50 minutes of easy running. |  |

| WEEK 16 |                             | Completed | Completed                   |        | Completed                   | Completed  |  |
|---------|-----------------------------|-----------|-----------------------------|--------|-----------------------------|------------|--|
| MON     | TUESDAY                     | WED       | THURSDAY                    | FRIDAY | SATURDAY                    | SUNDAY     |  |
| REST    | 20 min easy run             | REST      | 15 min easy run             | REST   | 10 min easy run or rest     | Event day  |  |
|         | 20 minutes of easy running. |           | 15 minutes of easy running. |        | 10 minutes of easy running. | GOOD LUCK! |  |