

Challenger 10 Mile Training Plan

Event day: **Sunday 23 April 2017**

WEEK 1		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	35 min easy run	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		35 minutes of easy running.		25 minutes of easy running.	50 minutes of easy running.

WEEK 2		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	3 x 6 min @ 10K - HM pace; 2½ min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at a pace between your 10K and Half Marathon goal pace followed by 2½ minutes jog/walk to recover, repeated 3 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 3		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	Tempo run: 20 min hard even effort	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		20 minutes of hard even running, plus 10 minutes warm up and 10 minutes warm down.		25 minutes of easy running.	50 minutes of easy running.

WEEK 4		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	5 x 3 min @ 10K pace; 2 min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 3 minutes at your 10K goal pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 5		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	4 x 6 min @ 10 mile pace; 3 min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 4 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 6		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	30 min easy run	REST	25 min easy run	30 min easy run
	30 minutes of easy running.		30 minutes of easy running.		25 minutes of easy running.	30 minutes of easy running.

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WEEK 7		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	10 x 1 min @ 3K pace; 75 sec walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run 1 minute at 3K pace followed by 75 secs jog/walk to recover, repeated 10 times. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 8		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	10min + 8min + 5min @ 10 mile pace; 3 min walk/jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 min warm up. Run efforts of 10 minutes, 8 minutes and 5 minutes at your 10 mile goal pace. Follow each with 3 a minute jog/walk to recover. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 9		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	40 min run @ steady relaxed 3/4 effort	REST	25 min easy run	80 min easy run
	35 minutes of easy running.		40 minutes of steady running at 3/4 effort of your steady race pace.		25 minutes of easy running.	80 minutes of easy running.

WEEK 10		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	6 min @ 10K pace: 4 min walk/jog recovery; 5 x 30 sec; 30 secs jog recovery	REST	25 min easy run	60 min easy run
	35 minutes of easy running.		Start with a 10 minute warm up. Run a 6 minute effort at your 10K pace, followed by 4 minutes jog/walk to recover. Then run 5 sets of 30 second efforts, each followed by a 30 second jog/walk recovery. Finish off with a 10 min warm down.		25 minutes of easy running.	60 minutes of easy running.

WEEK 11		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	50 min easy run	REST	25 min easy run	45 min easy run
	35 minutes of easy running.		50 minutes of easy running.		25 minutes of easy running.	45 minutes of easy running.

WEEK 12		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	25 min easy run	REST	10 min easy jog or rest	Event day Sunday 23 April
	35 minutes of easy running.		25 minutes of easy running.		10 minutes of easy jogging or rest	GOOD LUCK!