

Improver 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	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
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	5 x 3 min @ 10K pace; 2 mins walk/jog recovery	REST	20 min easy run	40 min easy run
	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	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 min easy run	REST	3 x 6 min @ 10 mile goal pace; 3 mins walk/jog recovery	REST	25 min easy run	45 min easy run
	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	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	10 mins warm up + 25 mins steady run + 10 mins warm down	REST	30 min easy run	50 min easy run
	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	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	4 x 3 min @ 5K pace; 2½ mins jog/walk recovery	REST	20 min easy run	60 min easy run
	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	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	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	35 min easy run, middle 20 mins steady	REST	30 min easy run	50 min easy run
	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		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	10 min + 8 min + 5 min @ 10 mile pace; 3 min walk/jog recovery	REST	30 min easy run	60 min easy run
	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		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	Acceleration run: 8 mins @ 10K goal pace + 4 mins @ 5K pace	REST	30 min easy run	70 min easy run
	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		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 min easy run	REST	35 min steady run incl. last 5 mins hard	REST	30 min easy run	80 min easy run
	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		Completed	Completed	Completed	Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	3 x 6 mins @ 10 mile pace; 2 mins walk/jog recovery	REST	30 min easy run	45 min easy run
	30 minutes of easy running.		After a gentle warm up, 6 minutes at your 10 mile pace, followed by 2 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.		30 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	20 min easy run	REST	10 min easy jog or rest	Event day Sunday 23 April
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy jogging or rest	GOOD LUCK!