

Event day: **Sunday 28 May 2017**

Website: greatrun.org/manchester

WEEK 1						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	6 x (1 min run, 1 min walk)	REST	REST	20 min brisk walk	REST	1 mile (alt. 1 min run, 1 min walk)
	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.			20 minutes of brisk walking.		1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.
WEEK 2						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	20 min brisk walk	REST	REST	8 x (1 min run, 1 min walk)	REST	1½ miles (alt. 90 secs run, 90 secs walk)
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.		1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 1½ miles.
WEEK 3						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	20 min brisk walk	REST	REST	10 x (1 min run, 1 min walk)	REST	2 miles (alt. 90 secs run, 90 secs walk)
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 10 times.		1½ minutes of easy running followed by 1½ minutes of easy walking, for a total distance of 2 miles.
WEEK 4						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	5 x (3 min run, 2 min walk)	REST	3 miles (alt. 2 min run, 1 min walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.
WEEK 5						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	4 miles (alt. 2 min run, 1 min walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.
WEEK 6						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	25 min brisk walk	REST	REST	6 x (3 min run, 2 min walk)	REST	5 miles (alt. 2 min run, 1 min walk)
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times.		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.
WEEK 7						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	30 min brisk walk	REST	REST	9 x (2 min easy, 2 min walk)	REST	6 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			2 minutes of easy running followed by 2 minutes of easy walking, repeated 9 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 6 miles.
WEEK 8						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	30 min brisk walk	REST	REST	6 x (4 min run, 1 min walk)	REST	7 miles (alt. 3 min run, 1 min walk)
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 6 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 7 miles.

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WEEK 9		Completed			Completed		
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	30 min brisk walk	REST	REST	7 x (4 min run, 1 min walk)	REST	8 miles (alt. 3 min run, 1 min walk)	
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 8 miles.	

WEEK 10		Completed			Completed		
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	30 min brisk walk	REST	REST	7 x (4 min run; 1 min walk)	REST	10 miles (alt. 3 min run, 1 min walk)	
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 7 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 10 miles.	

WEEK 11		Completed			Completed		
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	30 min brisk walk	REST	REST	5 x (4 min run; 1 min walk)	REST	5 miles (alt. 3 min run, 1 min walk)	
	30 minutes of brisk walking.			4 minutes of easy running followed by 1 minutes of easy walking, repeated 5 times.		3 minutes of easy running followed by 1 minute of easy walking, for a total distance of 5 miles.	

WEEK 12		Completed			Completed		
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	30 min easy walk	REST	REST	10 min walk, 4 x (3 min run, 1 min walk)	REST	Event day	
	30 minutes of easy walking.			10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.		GOOD LUCK!	