

Event day: **Sunday 28 May 2017**

Website: [greatrun.org/manchester](http://greatrun.org/manchester)

WEEK 1						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	10 min run/walk	REST	REST	10 min run/walk	REST	10 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 10 minutes.

WEEK 2						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
REST	15 min run/walk	REST	REST	10 min easy run	REST	20 min easy run
	Mix up periods of running with walking for a total of 15 minutes.			10 minutes of easy running.		20 minutes of easy running.

WEEK 3						
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.			15minutes of easy running.		20 minutes of easy running.

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

WEEK 5						
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 6						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

WEEK 7						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	25 min easy run	REST	15 min easy run	50 min easy run
	20 minutes of easy running.		25 minutes of easy running.		15 minutes of easy running.	50 minutes of easy running.

WEEK 8						
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	30 min easy run	REST	10 min easy run	60 min easy run
	20 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	60 minutes of easy running.

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WEEK 9		Completed	Completed		Completed	Completed	
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
REST	20 min easy run	REST	30 min easy run	REST	15 min easy run	70 min easy run	
	20 minutes of easy running.		30 minutes of easy running.		15 minutes of easy running.	70 minutes of easy running.	

  

WEEK 10		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	80 min easy run	
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.	

  

WEEK 11		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	40 min easy run	
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.	

  

WEEK 12		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, or rest if you prefer.	GOOD LUCK!	