

# 10 MILE CHALLENGER TRAINING PLAN



EVENT DATE: SUNDAY 22 OCTOBER 2017

2017

## WEEK 1 BEGINNING: MONDAY 31 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running	Rest	35 minutes of easy running	Rest	25 minutes of easy running	50 minutes of easy running.

## WEEK 2 BEGINNING: MONDAY 7 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running	Rest	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.	Rest	25 minutes of easy running	60 minutes of easy running.

## WEEK 3 BEGINNING: MONDAY 14 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running	Rest	20 minutes of hard even running, plus 10 minutes warm up and 10 minutes warm down.	Rest	25 minutes of easy running	50 minutes of easy running.

## WEEK 4 BEGINNING: MONDAY 21 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running	Rest	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.	Rest	25 minutes of easy running	60 minutes of easy running.

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## WEEK 5 BEGINNING: MONDAY 28 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running.	Rest	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.	Rest	25 minutes of easy running.	60 minutes of easy running.

## WEEK 6 BEGINNING: MONDAY 4 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	30 minutes of easy running.	Rest	25 minutes of easy running.	Rest

## WEEK 7 BEGINNING: MONDAY 11 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running.	Rest	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.	Rest	25 minutes of easy running.	60 minutes of easy running.

## WEEK 8 BEGINNING: MONDAY 18 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running.	Rest	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.	Rest	25 minutes of easy running.	60 minutes of easy running.

## WEEK 9 BEGINNING: MONDAY 25 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running.	Rest	40 minutes of steady running at 3/4 effort of your steady race pace.	Rest	25 minutes of easy running.	80 minutes of easy running.

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## WEEK 10 BEGINNING: MONDAY 2 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running.	Rest	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.	Rest	25 minutes of easy running.	60 minutes of easy run ning.

## WEEK 11 BEGINNING: MONDAY 9 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running.	Rest	50 minutes of easy running.	Rest	25 minutes of easy running	45 minutes of easy running.

## WEEK 12 BEGINNING: MONDAY 16 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	35 minutes of easy running	Rest	25 minutes of easy running.	Rest	10 minutes of easy jogging or rest	EVENT DAY