

# 10 MILE IMPROVER TRAINING PLAN

EVENT DATE: SUNDAY 22 OCTOBER 2017



2017

## WEEK 1 BEGINNING: MONDAY 31 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	20 minutes of easy running.	Rest	20 minutes of easy running.	30 minutes of easy running.

## WEEK 2 BEGINNING: MONDAY 7 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	20 minutes of easy running.	Rest	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.	Rest	20 minutes of easy running.	30 minutes of easy running.

## WEEK 3 BEGINNING: MONDAY 14 AUGUST

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

## WEEK 4 BEGINNING: MONDAY 21 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	25 minutes of steady running, plus 10 minutes warm up and 10 minutes warm down jog.	Rest	20 minutes of easy running.	50 minutes of easy running.

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## WEEK 5 BEGINNING: MONDAY 28 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	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.	Rest	20 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	10 minutes of easy running.	40 minutes of easy running.

## WEEK 7 BEGINNING: MONDAY 11 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	35 minutes of running - first 10 minutes easy, then 20 minutes at a steady pace, and finish off with 5 minutes easy.	Rest	30 minutes of easy running.	50 minutes of easy running.

## WEEK 8 BEGINNING: MONDAY 18 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	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.	Rest	30 minutes of easy running.	60 minutes of easy running.

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## WEEK 9 BEGINNING: MONDAY 25 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	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.	Rest	30 minutes of easy running.	70 minutes of easy running.

## WEEK 10 BEGINNING: MONDAY 2 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	40 minutes of easy running.	Rest	30 minutes of steady running then 5 minutes of hard controlled running.	Rest	30 minutes of easy running.	80 minutes of easy running.

## WEEK 11 BEGINNING: MONDAY 9 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	30 minutes of easy running.	Rest	After a gentle warm up, 6 minutes at your 10 mile pace, followed by 2 mins jog/walk to recover, repeated 3 times. Finish with a gentle jog.	Rest	30 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	20 minutes of easy running.	Rest	10 minutes of easy jogging or rest.	EVENT DAY