

# 10 MILE STARTER TRAINING PLAN

EVENT DATE: SUNDAY 22 OCTOBER 2017



2017

## WEEK 1 BEGINNING: MONDAY 31 JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	10 min run/walk	Rest	Rest	10 minutes of easy running.	Rest	15 minutes of easy running.

## WEEK 2 BEGINNING: MONDAY 7 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	15 minutes of easy running.	Rest	Rest	10 minutes of easyrunning	Rest	20 minutes of easy running.

## WEEK 3 BEGINNING: MONDAY 14 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	15 minutes of easy running.	Rest	Rest	15 minutes of easy running.	Rest	20 minutes of easy running.

## WEEK 4 BEGINNING: MONDAY 21 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	15 minutes of easy running.	Rest	Rest	20 minutes of easy running.	Rest	20 minutes of easy running.

## WEEK 5 BEGINNING: MONDAY 28 AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	15 minutes of easy running.	Rest	20 minutes of easy running.	Rest	10 minutes of easy running.	25 minutes of easy running.

## WEEK 6 BEGINNING: MONDAY 4 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	15 minutes of easy running.	Rest	20 minutes of easy running.	Rest	10 minutes of easy running.	40 minutes of easy running.

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## WEEK 7 BEGINNING: MONDAY 11 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	20 minutes of easy running.	Rest	25 minutes of easy running	Rest	15 minutes of easy running.	50 minutes of easy running.

## WEEK 8 BEGINNING: MONDAY 18 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	20 minutes of easy running.	Rest	30 minutes of easy running.	Rest	10 minutes of easy running.	60 minutes of easy running.

## WEEK 9 BEGINNING: MONDAY 25 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	20 minutes of easy running.	Rest	30 minutes of easy running.	Rest	15 minutes of easy running.	70 minutes of easy running.

## WEEK 10 BEGINNING: MONDAY 2 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	20 minutes of easy running.	Rest	20 minutes of easy running.	Rest	20 minutes of easy running.	80 minutes of easy running.

## WEEK 11 BEGINNING: MONDAY 9 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	15 minutes of easy running.	Rest	20 minutes of easy running.	Rest	10 minutes of easy running.	50 minutes of easy running.

## WEEK 12 BEGINNING: MONDAY 16 OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	20 minutes of easy running.	Rest	15 minutes of easy running.	Rest	10 minutes of easy running.	EVENT DAY