INTRODUCTORY 10K TRAINING PLAN

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	15 min easy run	REST	REST	15 min easy run	REST	25 min easy run
	15 minutes of easy running.			15 minutes of easy running.		25 minutes of easy running.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	15 min easy run	REST	REST	15 min easy run	REST	25 min easy run
	15 minutes of easy running.			15 minutes of easy running.		25 minutes of easy running.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	20 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	20 minutes of easy running.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
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 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	15 min easy run	REST	15 min steady run	REST	10 min easy run	30 min easy run
	15 minutes of easy running.		15 minutes of steady running.		10 minutes of easy running.	30 minutes of easy running.

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	20 min easy run	REST	20 min steady run	REST	15 min easy run	40 min easy run
	20 minutes of easy running.		20 minutes of steady running.		15 minutes of easy running.	40 minutes of easy running.

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	15 min easy run	REST	20 min easy run	REST	15 min easy run	45 min easy run
	15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	45 minutes of easy running.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	10 min easy run	REST	15 min steady run	REST	15 min easy run	50 min easy run
	10 minutes of easy running.		15 minutes of steady running.		15 minutes of easy running.	50 minutes of easy running.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	15 min easy run	REST	15 min easy run	REST	10 min easy run	15 min steady run
	15 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running.	50 minutes of easy running.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 5 JULY 2015
	Completed ○		Completed ○		Completed ○	Completed ○
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	MORRISONS great north 10k Gateshead
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!