

## Challenger 10 Mile Training Plan



Event day: Sunday 17 April 2016

WEEK 1	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	35 min easy run	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		35 minutes of easy running.		25 minutes of easy running.	50 minutes of easy running.
WEEK 2	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	3 x 6 min @ 10K - HM pace; 2½ min walk/jog recovery	REST	25min easy run	60 min easy run
	35 minutes of easy running.		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.		25 minutes of easy running.	60 minutes of easy running.
WEEK 3	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	Tempo run: 20 min hard even effort	REST	25 min easy run	50 min easy run
	35 minutes of easy running.		20 minutes of hard even running, plus 10 minutes warm up and 10 minutes warm down.		25 minutes of easy running.	50 minutes of easy running.
WEEK A						
WEEK 4	Completed		Completed		Completed	Completed
WEEK 4	Completed TUESDAY	WED	Completed	FRIDAY	Completed SATURDAY	Completed
		WED				
MONDAY	TUESDAY		THURSDAY  5 x 3 min @ 10K pace; 2 min	FRIDAY	SATURDAY	SUNDAY
MONDAY REST	TUESDAY 35 min easy run 35 minutes of easy running.		THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.	FRIDAY	25 min easy run  25 minutes of easy running.	60 min easy run  60 minutes of easy running.
MONDAY REST	TUESDAY 35 min easy run 35 minutes of easy running.  Completed	REST	THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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 min easy run  25 minutes of easy running.  Completed	60 minutes of easy running.  Completed
MONDAY REST	TUESDAY 35 min easy run 35 minutes of easy running.		THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.	FRIDAY	25 min easy run  25 minutes of easy running.	60 minutes of easy running.
MONDAY REST WEEK 5 MONDAY	TUESDAY  35 min easy run  35 minutes of easy running.  Completed	REST	THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.  Completed  THURSDAY  4 x 6 min @ 10 mile pace; 3	FRIDAY REST	SATURDAY  25 min easy run  25 minutes of easy running.  Completed  SATURDAY	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY
WEEK 5 MONDAY REST	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	REST	THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.  Completed  THURSDAY  4 x 6 min @ 10 mile pace; 3 min walk/jog recovery  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.	FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  60 min easy run  60 minutes of easy running.
WEEK 5 MONDAY REST  WEEK 6	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	WED REST	THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.  Completed  THURSDAY  4 x 6 min @ 10 mile pace; 3 min walk/jog recovery  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.	FRIDAY FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.  Completed	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  60 min easy run  60 minutes of easy running.
WEEK 5 MONDAY REST	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	REST	THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.  Completed  THURSDAY  4 x 6 min @ 10 mile pace; 3 min walk/jog recovery  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.	FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  60 min easy run  60 minutes of easy running.
WEEK 5 MONDAY REST  WEEK 6 MONDAY	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY	WED REST	THURSDAY  5 x 3 min @ 10K pace; 2 min walk/jog recovery  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.  Completed  THURSDAY  4 x 6 min @ 10 mile pace; 3 min walk/jog recovery  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.  Completed	FRIDAY FRIDAY FRIDAY FRIDAY	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.  Completed  SATURDAY	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY



## Challenger 10 Mile Training Plan



NEEK   Some casy running	WEEK 7	Completed		Completed		Completed	Completed
See Workforg recovery   See workforg recovery   See workforgore developed   See work	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8  Complete  WEEK 8  Complete  WEEK 9  Complete  WEEK 9  Complete  Comp	REST	35 min easy run	REST		REST	25 min easy run	60 min easy run
TUESDAY   NED   THERSTAY   REST   THE REST		35 minutes of easy running.		minute at 3K pace followed by 75 secs jog/walk to recover, repeated 10 times.		25 minutes of easy running.	60 minutes of easy running.
REST 35 min casy run REST Drink- Brain - Sima Pilonde pace 3 min work/pag recovery run run run work pace 3 minutes of easy running and standard recovery running work of easy running and standard recovery running standard recovery running and running recovery running and running recovery running and running run	WEEK 8	Completed		Completed		Completed	Completed
Discussion   Dis	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST 0 THURSDAY REST 25 minutes of easy running at 3/4 effort of your eleady frace policy of the pol	REST	35 min easy run	REST		REST	25 min easy run	60 min easy run
TUESDAY   WED   THURSDAY   SATURDAY   SUNDAY		35 minutes of easy running.		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		25 minutes of easy running.	60 minutes of easy running.
TUESDAY   WED   THURSDAY   SATURDAY   SUNDAY	WEEK 9	Completed		Completed		Completed	Completed
REST 35 min easy run REST 40 min run @ steachy reclaimed 3/4 effort of your steachy running at 3/4 effort of your steachy running.    WEEK 10		TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10 Completed Complete		35 min easy run	REST			25 min easy run	80 min easy run
MONDAY   TUESDAY   WED   THURSDAY   FRIDAY   SATURDAY   SUNDAY		35 minutes of easy running.		at 3/4 effort of your steady		25 minutes of easy running.	80 minutes of easy running.
MONDAY   TUESDAY   WED   THURSDAY   FRIDAY   SATURDAY   SUNDAY							
REST 35 min easy run REST 6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secondery; 5 x 30 sec; 30 sec; 30 secondery; 5 x 30	WFFK 10	6		Carrelated		C	Considerati
Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, followed by 4 minutes of easy running.    Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, followed by 4 minutes of easy running.   Start with a 10 minute warm up. Run a 6 minute sof easy running.   25 minutes of easy running.   60 minutes of easy running.			WED				
MONDAY       TUESDAY       WED       THURSDAY       FRIDAY       SATURDAY       SUNDAY         REST       35 min easy run       REST       50 min easy run       REST       25 min easy run       45 min easy run         35 minutes of easy running.       50 minutes of easy running.       25 minutes of easy running.       45 minutes of easy running.         WEEK 12       Completed       Completed       Completed       Completed         MONDAY       TUESDAY       WED       THURSDAY       FRIDAY       SATURDAY       SUNDAY         REST       35 min easy run       REST       10 min easy jog or rest       Event day Sunday 17 April         35 minutes of easy running.       25 minutes of easy running.       10 minutes of easy jogging or	MONDAY	TUESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAY       TUESDAY       WED       THURSDAY       FRIDAY       SATURDAY       SUNDAY         REST       35 min easy run       REST       50 min easy run       REST       25 min easy run       45 min easy run         35 minutes of easy running.       50 minutes of easy running.       25 minutes of easy running.       45 minutes of easy running.         WEEK 12       Completed       Completed       Completed       Completed         MONDAY       TUESDAY       WED       THURSDAY       FRIDAY       SATURDAY       SUNDAY         REST       35 min easy run       REST       10 min easy jog or rest       Event day Sunday 17 April         35 minutes of easy running.       25 minutes of easy running.       10 minutes of easy jogging or	MONDAY	TUESDAY  35 min easy run		THURSDAY  6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.	FRIDAY	SATURDAY • 25 min easy run	SUNDAY 60 min easy run
WEEK 12 Completed Completed Completed Completed Completed Completed Solution of Exercise Solution (Completed Solution) Solutio	MONDAY REST	TUESDAY  35 min easy run  35 minutes of easy running.		THURSDAY  6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.	FRIDAY	SATURDAY 25 min easy run 25 minutes of easy running.	60 minutes of easy running.
WEEK 12 Completed Completed Completed Completed Completed Completed SUNDAY TUESDAY WED THURSDAY FRIDAY SATURDAY SUNDAY SUNDAY REST 35 min easy run REST 25 min easy run REST 10 min easy jog or rest Sunday 17 April 35 minutes of easy running.	MONDAY REST	TUESDAY  35 min easy run  35 minutes of easy running.  Completed	REST	THURSDAY  6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.  Completed	60 minutes of easy running.  Completed
MONDAY     TUESDAY     WED     THURSDAY     FRIDAY     SATURDAY     SUNDAY       REST     35 min easy run     REST     25 min easy run     REST     10 min easy jog or rest     Event day Sunday 17 April       35 minutes of easy running.     25 minutes of easy running.     10 minutes of easy jogging or	MONDAY REST WEEK 11 MONDAY	TUESDAY  35 min easy run  35 minutes of easy running.  Completed	REST	THURSDAY  6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.  Completed  THURSDAY	FRIDAY REST	SATURDAY  25 min easy run  25 minutes of easy running.  Completed  SATURDAY	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY
MONDAY     TUESDAY     WED     THURSDAY     FRIDAY     SATURDAY     SUNDAY       REST     35 min easy run     REST     25 min easy run     REST     10 min easy jog or rest     Event day Sunday 17 April       35 minutes of easy running.     25 minutes of easy running.     10 minutes of easy jogging or	MONDAY REST WEEK 11 MONDAY	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run	REST	THURSDAY  6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.  Completed  THURSDAY  50 min easy run	FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  45 min easy run
REST 35 min easy run REST 25 min easy run REST 10 min easy jog or rest Event day Sunday 17 April 35 minutes of easy running. 25 minutes of easy running.	WEEK 11 MONDAY REST	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	REST	THURSDAY  6 min @ 10K pace; 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.  Completed  THURSDAY  50 min easy run  50 minutes of easy running.	FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  45 min easy run  45 minutes of easy running.
year t	WEEK 11 MONDAY REST WEEK 12	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	WED REST	THURSDAY  6 min @ 10K pace: 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.  Completed  THURSDAY  50 min easy run  50 minutes of easy running.	FRIDAY FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  45 min easy run  45 minutes of easy running.
	WEEK 11 MONDAY REST  WEEK 12 MONDAY	TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.  Completed  TUESDAY	WED REST	THURSDAY  6 min @ 10K pace: 4 min walk/ jog recovery; 5 x 30 sec; 30 secs jog recovery  Start with a 10 minute warm up. Run a 6 minute effort at your 10K place, 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.  Completed  THURSDAY  50 min easy run  50 minutes of easy running.  Completed  THURSDAY	FRIDAY FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.  Completed  SATURDAY	SUNDAY  60 min easy run  60 minutes of easy running.  Completed  SUNDAY  45 min easy run  45 minutes of easy running.  Completed  SUNDAY  Event day