

Starter 10 Mile Training Plan

Event day: **Sunday 17 April 2016**

WEEK 1		Completed		Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	10 min run/walk	REST	REST	10 min easy run	REST	15 min easy run
	Mix up periods of running with walking for a total of 10 minutes.			10 minutes of easy running.		15 minutes of easy running.

WEEK 2		Completed		Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	REST	10 min easy run	REST	20 min easy run
	15 minutes of easy running.			10 minutes of easy running.		20 minutes of easy running.

WEEK 3		Completed		Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	REST	15 min easy run	REST	20 min easy run
	15 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.

WEEK 4		Completed		Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	REST	20 min easy run	REST	20 min easy run
	15 minutes of easy running.			20 minutes of easy running.		20 minutes of easy running.

WEEK 5		Completed		Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 6		Completed		Completed		Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	40 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

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WEEK 7						
MONDAY	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY	THURSDAY <input checked="" type="checkbox"/>	FRIDAY	SATURDAY <input checked="" type="checkbox"/>	SUNDAY <input checked="" type="checkbox"/>
REST	20 min easy run	REST	25 min easy run	REST	15 min easy run	50 min easy run
	20 minutes of easy running.		25 minutes of easy running.		15 minutes of easy running.	50 minutes of easy running.

WEEK 8						
MONDAY	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY	THURSDAY <input checked="" type="checkbox"/>	FRIDAY	SATURDAY <input checked="" type="checkbox"/>	SUNDAY <input checked="" type="checkbox"/>
REST	20 min easy run	REST	30 min easy run	REST	10 min easy run	60 min easy run
	20 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	60 minutes of easy running.

WEEK 9						
MONDAY	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY	THURSDAY <input checked="" type="checkbox"/>	FRIDAY	SATURDAY <input checked="" type="checkbox"/>	SUNDAY <input checked="" type="checkbox"/>
REST	20 min easy run	REST	30 min easy run	REST	15 min easy run	70 min easy run
	20 minutes of easy running.		30 minutes of easy running.		15 minutes of easy running.	70 minutes of easy running.

WEEK 10						
MONDAY	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY	THURSDAY <input checked="" type="checkbox"/>	FRIDAY	SATURDAY <input checked="" type="checkbox"/>	SUNDAY <input checked="" type="checkbox"/>
REST	20 min easy run	REST	20 min easy run	REST	20 min easy run	80 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	80 minutes of easy running.

WEEK 11						
MONDAY	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY	THURSDAY <input checked="" type="checkbox"/>	FRIDAY	SATURDAY <input checked="" type="checkbox"/>	SUNDAY <input checked="" type="checkbox"/>
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	50 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	50 minutes of easy running.

WEEK 12						
MONDAY	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY	THURSDAY <input checked="" type="checkbox"/>	FRIDAY	SATURDAY <input checked="" type="checkbox"/>	SUNDAY <input checked="" type="checkbox"/>
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	Event day Sunday 17 April
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running or rest.	GOOD LUCK!