

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.
	of 10 minutes.					
WEEK 2 MONDAY	Completed TUESDAY	WEDNESDAY	THURSDAY	Completed	SATURDAY	Completed 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	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	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.
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WEEK 6	Completed TUESDAY	MEDITOR	Completed THURSDAY		CATLIDDAY	COMPleted
MONDAY REST	15 min easy run	WEDNESDAY REST	THURSDAY 20 min easy run	FRIDAY REST	SATURDAY 10 min easy run	SUNDAY 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	Completed		Completed		Completed	Completed
MONDAY	TUESDAY •	WEDNESDAY	THURSDAY	FRIDAY REST	SATURDAY	SUNDAY •
REST	20 min easy run	REST	25 min easy run	KEST	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	Completed		Completed		Completed	Completed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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.
	casy rai ii ii ig.		casy raining.		casy rai ii ii ig.	eddy rai ii iii ig.
WEEK 9	Completed		Completed		Completed	Completed
MONDAY	TUESDAY •	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	30 min easy run	REST	15 min easy run	70 min easy run
	20 minutes of		30 minutes of		15 minutes of	70 minutes of
	easy running.		easy running.		easy running.	easy running.
WEEK 10						
MONDAY	Completed TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Completed SUNDAY
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.
	eddy rai ii ii ig.		cacy raining.		eacy rai ii ii ig.	eddy rai ii ii ig.
WEEK 11						
MONDAY	Completed TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Completed SUNDAY
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		10 minutes of	50 minutes of easy running.
	easy run in iling.		easy running.		easy running.	easy ran in iing.
WEEK 12						
MONDAY	Completed TUESDAY	WEDNESDAY	Completed THURSDAY	FRIDAY	Completed SATURDAY	Completed SUNDAY
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		15 minutes of		10 minutes of	GOOD
	easy running.		easy running.		easy running or rest.	LUCK!
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