Improver 10k
12 Week Training Plan

great birmingham 10k | Simplyhealth

greatrun® training
Training plans | Diary | Routes | Stats | Advice | Tips

Event day: Sunday 30 April 2017   Website: **greatrun.org/birmingham10k**

WEEK 1

MON	TUESDAY ●	WED	THURSDAY ●	FRIDAY	SATURDAY ●	SUNDAY ●
REST	20 min easy run	REST	20 min easy run	REST	20 min easy run	30 min easy run
	20 minutes of easy running.		20 minutes of easy running.		20 minutes of easy running.	30 minutes of easy running.

Completed

WEEK 2

MON	TUESDAY ●	WED	THURSDAY ●	FRIDAY	SATURDAY ●	SUNDAY ●
REST	20 min easy run	REST	5 x 3 min @ 10k pace; 2 mins jog / walk recovery	REST	20 min easy run	40 min easy run
	20 minutes of easy running.		Run five 3-minute efforts at approx. your current 10K race pace, with a 2 minute walk/ jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		20 minutes of easy running.	40 minutes of easy running.

Completed

WEEK 3

MON	TUESDAY ●	WED	THURSDAY ●	FRIDAY	SATURDAY ●	SUNDAY ●
REST	25 min easy run	REST	2 x 8 min @ 10k goal pace; 5 mins walk / jog recovery	REST	25 min easy run	40 min easy run
	25 minutes of easy running.		Run two 8-minute efforts at approx. your 10K goal race pace, with a 5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		25 minutes of easy running.	40 minutes of easy running.

Completed

WEEK 4

MON	TUESDAY ●	WED	THURSDAY ●	FRIDAY	SATURDAY ●	SUNDAY ●
REST	30 min easy run	REST	25 mins steady with 10 mins warm up & warm down	REST	30 min easy run	45 min easy run
	30 minutes of easy running.		After a 10 minute easy jog to warm up, run 25 minutes at a steady pace. Finish off with 10 minutes of easy jogging to warm down.		30 minutes of easy running.	45 minutes of easy running.

Completed

WEEK 5

MON	TUESDAY ●	WED	THURSDAY ●	FRIDAY	SATURDAY ●	SUNDAY ●
REST	30 min easy run	REST	4 x 3 min efforts @ 5k pace; 2.5 mins jog / walk recovery	REST	30 min easy run	60 min easy run
	30 minutes of easy running.		Run four 3-minute efforts at approx. your current 5K race pace, with a 2.5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		30 minutes of easy running.	60 minutes of easy running.

Completed

WEEK 6

MON	TUESDAY ●	WED	THURSDAY ●	FRIDAY	SATURDAY ●	SUNDAY ●
REST	30 min easy run	REST	30 min easy run	REST	10 min easy run	40 min easy run
	30 minutes of easy running.		30 minutes of easy running.		10 minutes of easy running.	40 minutes of easy running.

Completed

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WEEK 7

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	35 Easy, 20 steady in the middle	REST	25 min easy run	40 min easy run
	30 minutes of easy running.		30 minutes running, with 20 minutes at a steady pace in the middle. Easy pace for the rest of the run.		25 minutes of easy running.	40 minutes of easy running

WEEK 8

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	6 x 2.5 mins @ alternate 10k and 5k pace; 2 min recovery	REST	30 min easy run	50 min easy run
	30 minutes of easy running.		Run six 2.5-minute efforts alternating each effort between your current 5K & 10K race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		30 minutes of easy running.	50 minutes of easy running

WEEK 9

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	acceleration run - 8 mins @ 10k goal pace; 4 mins @ 5k pace recovery	REST	30 min easy run	60 min easy run
	30 minutes of easy running.		After a 10 minute easy jog to warm up, run 8 minutes at your 10K goal pace, immediately followed by 4 minutes at your current 5K pace. Finish off with 10 minutes of easy jogging to warm down.		30 minutes of easy running.	60 minutes of easy running.

WEEK 10

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 min easy run	REST	35 Steady, last 5 mins hard	REST	30 min easy run	50 min easy run
	40 minutes of easy running.		30 minutes of steady running then 5 minutes hard controlled running to finish		30 minutes of easy running.	50 minutes of easy running

WEEK 11

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 min easy run	REST	3 x 6 mins @ half marathon pace; 2 mins recovery recovery	REST	30 min easy run	45 min easy run
	30 minutes of easy running.		Run three 6-minute efforts at your current half marathon race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		30 minutes of easy running.	45 minutes of easy running.

WEEK 12

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	20 min easy run	REST	10 min easy run	Event day
	35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!