

10K

10 WEEK TRAINING PLAN

GREATSCOTTISHRUN.COM   

 BANK OF SCOTLAND

Great Scottish Run

Proud partner for 10 years running

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	20 minutes of easy running.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of steady running.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	25 minutes of easy running.

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	15 minutes of steady running.	REST	10 minutes of easy running.	30 minutes of easy running.

WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	20 minutes of steady running.	REST	15 minutes of easy running.	40 minutes of easy running.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of steady running.	REST	15 minutes of easy running.	45 minutes of easy running.

VISIT GREATSCOTTISHRUN.COM FOR EVENT NEWS AND MUCH MORE

10K

10 WEEK TRAINING PLAN

GREATSCOTTISHRUN.COM   

 BANK OF SCOTLAND

Great Scottish Run

Proud partner for 10 years running

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 minutes of easy running.	REST	15 minutes of easy running.	REST	15 minutes of easy running.	50 minutes of easy running.

WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of steady running.

WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY. GOOD LUCK!



VISIT GREATSCOTTISHRUN.COM FOR EVENT NEWS AND MUCH MORE