

Challenger 10 Mile Training Plan

Event day: **Sunday 23 April 2017**

| WEEK 1 | | | | | | |
|--------|-----------------------------|------|---|--------|-----------------------------|-----------------------------|
| 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 | | | | | | |
| 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 | | | | | | |
| 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 4 | | | | | | |
| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 35 min easy run | REST | 5 x 3 min @ 10K pace; 2 min walk/jog recovery | REST | 25 min easy run | 60 min easy run |
| | 35 minutes of easy running. | | 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. | | 25 minutes of easy running. | 60 minutes of easy running. |
| WEEK 5 | | | | | | |
| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 35 min easy run | REST | 4 x 6 min @ 10 mile pace; 3 min walk/jog recovery | REST | 25 min easy run | 60 min easy run |
| | 35 minutes of easy running. | | 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. | | 25 minutes of easy running. | 60 minutes of easy running. |
| WEEK 6 | | | | | | |
| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 30 min easy run | REST | 30 min easy run | REST | 25 min easy run | 30 min easy run |
| | 30 minutes of easy running. | | 30 minutes of easy running. | | 25 minutes of easy running. | 30 minutes of easy running. |

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| WEEK 7 | | | | | | |
|--------|-----------------------------|------|--|--------|-----------------------------|-----------------------------|
| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 35 min easy run | REST | 10 x 1 min @ 3K pace; 75 sec walk/jog recovery | REST | 25 min easy run | 60 min easy run |
| | 35 minutes of easy running. | | Start with a 10 min warm up. Run 1 minute at 3K pace followed by 75 secs jog/walk to recover; repeated 10 times. Finish off with a 10 min warm down. | | 25 minutes of easy running. | 60 minutes of easy running. |

| WEEK 8 | | | | | | |
|--------|-----------------------------|------|---|--------|-----------------------------|-----------------------------|
| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 35 min easy run | REST | 10min + 8min + 5min @ 10 mile pace; 3 min walk/jog recovery | REST | 25 min easy run | 60 min easy run |
| | 35 minutes of easy running. | | Start with a 10 min warm up. 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 warm down. | | 25 minutes of easy running. | 60 minutes of easy running. |

| WEEK 9 | | | | | | |
|--------|-----------------------------|------|--|--------|-----------------------------|-----------------------------|
| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| REST | 35 min easy run | REST | 40 min run @ steady relaxed 3/4 effort | REST | 25 min easy run | 80 min easy run |
| | 35 minutes of easy running. | | 40 minutes of steady running at 3/4 effort of your steady race pace. | | 25 minutes of easy running. | 80 minutes of easy running. |

| WEEK 10 | | | | | | |
|---------|-----------------------------|------|--|--------|-----------------------------|-----------------------------|
| 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 secs jog recovery | REST | 25 min easy run | 60 min easy run |
| | 35 minutes of easy running. | | Start with a 10 minute warm up. Run a 6 minute effort at your 10K pace, 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. | | 25 minutes of easy running. | 60 minutes of easy running. |

| WEEK 11 | | | | | | |
|---------|-----------------------------|------|-----------------------------|--------|-----------------------------|-----------------------------|
| 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 | | | | | | |
|---------|-----------------------------|------|-----------------------------|--------|------------------------------------|------------------------------|
| 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 rest | GOOD LUCK! |