

## Improver 10k 12 Week Training Plan



Event day: **Sunday 28 May 2017** Website: **greatrun.org/manchester** 

WEEK 1	Completed		Completed		Completed	Completed
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.
WEEK 2	Completed		Completed		Completed	Completed
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.
WEEK 3	Completed		Completed		Completed	Completed
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.
WEEK 4	Completed		Completed		Completed	Completed
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.
WEEK 5						
MON	Completed TUESDAY	WED	Completed THURSDAY	FRIDAY	Completed SATURDAY	Completed 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 25 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.
WEEK 6	Completed		Completed		Completed	Completed
WEEK 6		WFD		FRIDAY _		
WEEK 6 MON REST		WED REST		FRIDAY		SUNDAY 40 min easy run



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MON TUESDAY WED THURSDAY FRIDAY SATURDAY SUNDAY  REST 40 min easy run  REST 35 Steady, last 5 mins hard  REST 30 min easy run  30 minutes of steady running then 5 minutes hard controlled running to finish  30 minutes of easy running.  50 minutes of easy running.	WEEK 7	Completed		Completed		Completed	Completed
WERK 8 Complete  WERK 8 Complete  THEST OF THE CONTINUES of easy number of easy n	MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEEK 8  Consider  Company  TUBSIDAY  WED  TUBSIDAY  WED  TUBSIDAY	REST	30 min easy run	REST		REST	25 min easy run	40 min easy run
TUESDAY  REST 30 min casy run  REST 5 x 25 mins @ distinate libx and 36 page; 2 min recovery and 50 min casy run  REST 30 min casy r		30 minutes of easy running.		minutes at a steady pace in the middle.		25 minutes of easy running.	40 minutes of easy running
TUESDAY  REST 30 min casy run  REST 5 x 25 mins @ distinate libx and 36 page; 2 min recovery and 50 min casy run  REST 30 min casy r	MEEN O						
REST 30 min easy run   REST   3 x 25 mins 6 elemente 100   REST   30 min easy run   50 min easy run   60 min easy run			WED				
So minutes of easy running	$\overline{}$			6 x 2.5 mins @ alternate 10k	-		
REST   30 min easy run   REST   30 min easy run   60 min easy ru		30 minutes of easy running.		Run six 25-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		30 minutes of easy running.	50 minutes of easy running
REST   30 min easy run   REST   30 min easy run   60 min easy ru	WFFK 9	Completed		Completed		Completed	Completed
Bild good pace;   Amins of Skip pace recovery			WED		FRIDAY		
WEEK 10 Completed Complete	REST	30 min easy run	REST	@ 10k goal pace;	=	30 min easy run	60 min easy run
MON		30 minutes of easy running.		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		30 minutes of easy running.	60 minutes of easy running.
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 then 5 minutes of steady running then 5 minutes of steady running then 5 minutes of easy running then 5 minutes of easy running then 5 minutes of easy running to finish  WEEK 11 Completed	WEEK 10	Completed		Completed		Completed	Completed
WEEK 11 Completed Complet	MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
### WEEK 11 Completed Com	REST	40 min easy run	REST	35 Steady, last 5 mins hard	REST	30 min easy run	50 min easy run
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       Completed       Completed       Completed       Completed         MON       TUESDAY       WED       THURSDAY       FRIDAY       SATURDAY       SUNDAY         REST       35 min easy run       REST       10 min easy run       Event day		40 minutes of easy running.		then 5 minutes hard controlled		30 minutes of easy running.	50 minutes of easy running
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       Completed       Completed       Completed       Completed         MON       TUESDAY       WED       THURSDAY       FRIDAY       SATURDAY       SUNDAY         REST       35 min easy run       REST       10 min easy run       Event day							
REST 30 min easy run REST 3 x 6 mins @ half marathon pace; 2 mins recovery recovery 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.  REST 30 minutes of easy running.  45 minutes of easy running.  WEEK 12 Completed Completed Completed Completed Completed Completed SATURDAY SATURDAY SUNDAY  REST 35 min easy run REST 20 min easy run REST 10 min easy run Event day							Completed
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.  WEEK 12  Completed  Completed  Completed  Completed  Completed  REST  35 min easy run  REST  20 min easy run  10 minutes of easy running.	$\overline{}$		$\overline{}$	3 x 6 mins @ half mar-	=		
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.		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		30 minutes of easy running.	45 minutes of easy running.
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.	WFFK 12	Completed		Completed		Completed	Completed
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.			WFD -				
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		35 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!