

Introductory 10k 16 Week Training Plan



Event day: Sunday 30 April 2017

Website: greatrun.org/birmingham10k

WEEK 1	Completed			Completed		Completed
MON	TUESDAY	WED .	THURS	FRIDAY	SAT	SUNDAY
REST	10 min run/walk	REST	REST	15 min run/walk	REST	15 min run/walk
	Mix up periods of running with walking for a total of 10 minutes.			Mix up periods of running with walking for a total of 15 minutes.		Mix up periods of running with walking for a total of 15 minutes.
WEEK 2				Completed		Completed
MON	TUESDAY		THURS	FRIDAY	SAT	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.
WEEK 3	Completed			Completed		Completed
MON	TUESDAY	WED .	THURS	FRIDAY	SAT	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 4	Completed			Completed		Completed
MON	TUESDAY	WED .	THURS	FRIDAY	SAT	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 5	Completed			Completed		Completed
MON	TUESDAY	WED .	THURS	FRIDAY	SAT	SUNDAY
REST	20 min easy run	REST	REST	15 min easy run	REST	20 min easy run
	20 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.
WEEK 6	Completed			Completed		Completed
MON	TUESDAY	WED :	THURS	FRIDAY	SAT	SUNDAY
REST	15 min easy run	REST	REST	15 min easy run	REST	25 min easy run
	15 minutes of easy running.			15 minutes of easy running.		25 minutes of easy running.
WEEK 7	Completed			Completed		Completed
MON	TUESDAY	WED .	THURS	FRIDAY	SAT	SUNDAY
REST	15 min easy run	REST	REST	15 min easy run	REST	25 min easy run
	15 minutes of easy running.			15 minutes of easy running.		25 minutes of easy running.
WEEK 8	Completed			Completed	Co	ompleted Completed
MON	TUESDAY WEE)	THURS		URDAY	SUNDAY
REST	15 min easy run RES	Γ :	20 min e		n easy run	20 min easy run
	15 minutes of easy running.	20 m	ninutes of (easy running. 10 minutes (of easy runnir	ng. 20 minutes of easy running.



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WEEK 9	Completed		Completed		Completed	Complete
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	15 min steady run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	15 minutes of steady running.
WEEK 40						
MON MON	Completed TUESDAY	WED	Completed	FRIDAY	Completed SATURDAY	Complete
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.
WEEK 11	Completed		Completed		Completed	Comple
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	15 min steady run	REST	10 min easy run	30 min easy run
	15 minutes of easy running.		15 minutes of steady running.		10 minutes of easy running.	30 minutes of easy running.
WEEK 12	Completed		Completed		Completed	Comple
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	20 min steady run	REST	15 min easy run	40 min easy run
	20 minutes of easy running.		20 minutes of steady running.		15 minutes of easy running.	40 minutes of easy running.
WEEK 13	Completed		Completed		Completed	Comple
MON REST	TUESDAY 15 min easy run	WED REST	THURSDAY 0	FRIDAY	SATURDAY 15 min easy run	SUNDAY 45 min easy run
			,			
	15					
	15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	45 minutes of easy running.
	15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	45 minutes of easy running.
WFFK 14	, 3					, ,
WEEK 14	Completed	WED	20 minutes of easy running. Completed THURSDAY		15 minutes of easy running. Completed SATURDAY	
	Completed	WED REST	Completed	FRIDAY REST	Completed	Comple
MON	Completed TUESDAY 10 min easy run		THURSDAY 15 min steady run	FRIDAY	Completed SATURDAY 15 min easy run	SUNDAY 50 min easy run
MON	Completed TUESDAY		Completed THURSDAY	FRIDAY	Completed SATURDAY	Comple SUNDAY (
MON	Completed TUESDAY 10 min easy run		THURSDAY 15 min steady run	FRIDAY	Completed SATURDAY 15 min easy run	SUNDAY 50 min easy run
MON	Completed TUESDAY 10 min easy run		THURSDAY 15 min steady run	REST	Completed SATURDAY 15 min easy run	SUNDAY 50 min easy run 50 minutes of easy running.
MON REST WEEK 15	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY	REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed	FRIDAY FRIDAY	SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY	SUNDAY 50 min easy run 50 minutes of easy running. Comple
MON REST WEEK 15	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed	REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed	REST	SATURDAY 15 min easy run 15 minutes of easy running. Completed	SUNDAY 50 min easy run 50 minutes of easy running. Comple
MON REST	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY	REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed	FRIDAY FRIDAY	SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY	SUNDAY 50 min easy run 50 minutes of easy running. Comple
MON REST WEEK 15	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY 15 min easy run	REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed THURSDAY 15 min easy run	FRIDAY FRIDAY	SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY 10 min easy run	SUNDAY 50 min easy run 50 minutes of easy running. Comple SUNDAY 15 min steady run
WEEK 15 MON REST	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY 15 min easy run	REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed THURSDAY 15 min easy run	FRIDAY FRIDAY	SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY 10 min easy run	SUNDAY 50 min easy run 50 minutes of easy running. Comple SUNDAY 15 min steady run
WEEK 15 MON REST WEEK 16	TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY 15 min easy run 15 minutes of easy running.	WED REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed THURSDAY 15 min easy run 15 minutes of easy running.	FRIDAY FRIDAY REST	SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY 10 min easy run 10 minutes of easy running.	SUNDAY 50 min easy run 50 minutes of easy running. Comple SUNDAY 15 min steady run 50 minutes of easy running.
WEEK 15 MON REST WEEK 16 MON	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed TUESDAY	WED REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed THURSDAY 15 min easy run 15 minutes of easy running. Completed THURSDAY	FRIDAY FRIDAY FRIDAY FRIDAY	Completed SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY 10 min easy run 10 minutes of easy running. Completed SATURDAY	SUNDAY 50 min easy run 50 minutes of easy running. Comple SUNDAY 15 min steady run 50 minutes of easy running. Comple SUNDAY
WEEK 15 MON REST WEEK 16 MON	TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY 15 min easy run 15 minutes of easy running.	WED REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed THURSDAY 15 min easy run 15 minutes of easy running.	FRIDAY FRIDAY REST	SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY 10 min easy run 10 minutes of easy running.	SUNDAY 50 min easy run 50 minutes of easy running. Comple SUNDAY 15 min steady run 50 minutes of easy running.
WEEK 15 MON REST WEEK 16	Completed TUESDAY 10 min easy run 10 minutes of easy running. Completed TUESDAY 15 min easy run 15 minutes of easy running. Completed TUESDAY	WED REST	THURSDAY 15 min steady run 15 minutes of steady running. Completed THURSDAY 15 min easy run 15 minutes of easy running. Completed THURSDAY	FRIDAY FRIDAY FRIDAY FRIDAY	Completed SATURDAY 15 min easy run 15 minutes of easy running. Completed SATURDAY 10 min easy run Completed SATURDAY 10 minutes of easy running.	SUNDAY 50 min easy run 50 minutes of easy running. Complet SUNDAY 15 min steady run 50 minutes of easy running.