

Run, Walk 10k

8 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	6x (1 min easy run, 1 min easy walk)	REST	REST	20 min brisk walk	REST	1 mile (1 min easy run, 1 min easy walk)	
	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.			20 minutes of brisk walking		1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.	
	Just starting out? Read our getting started tips at GreatRunTraining.org						

WEEK 2		Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	20 min brisk walk	REST	REST	8 x (1 min easy run, 1 min easy walk)	REST	1.5 miles (1.5 min easy run, 1.5 min easy walk)	
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.		1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 1 and a half miles.	

WEEK 3		Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	20 min brisk walk	REST	REST	10 x (1 min easy run, 1 min easy walk)	REST	2 miles (1.5 min easy run, 1.5 min easy walk)	
	20 minutes of brisk walking.			1 minute of easy running followed by 1 minute of easy walking, repeated 12 times.		1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 2 miles.	
	Check out our nutrition and hydration advice at GreatRunTraining.org						

WEEK 4		Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	20 min brisk walk	REST	REST	12 x (1 min easy run, 1 min easy walk)	REST	2.5 miles (2 min easy run, 1.5 min easy walk)	
	20 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times		2 minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 2 and a half miles.	

WEEK 5		Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	25 min brisk walk	REST	REST	5 x (3 min easy run, 2 min easy walk)	REST	3 miles (2 min easy run, 1 min easy walk)	
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 miles.	

WEEK 6		Completed			Completed		Completed
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	
REST	25 min brisk walk	REST	REST	6 x (3 min easy run, 2 min easy walk)	REST	3.5 miles (2 min easy run, 1 min easy walk)	
	25 minutes of brisk walking.			3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times		2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 and a half miles.	
	Read our event preparation tips at GreatRunTraining.org						

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WEEK 7		Completed			Completed		Completed		
MON	TUESDAY	●	WED	THURS	FRIDAY	●	SAT	SUNDAY	●
REST	25 min brisk walk		REST	REST	6 x (3 min easy run, 2 min easy walk)		REST	6 x (3 min easy run, 2 min easy walk)	
	25 minutes of brisk walking.				3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times			2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.	
	Don't forget to download the Great Run app for all your event info and more								

WEEK 8		Completed			Completed		Completed		
MON	TUESDAY	●	WED	THURS	FRIDAY	●	SAT	SUNDAY	●
REST	30 min easy walk		REST	REST	10 min easy walk + 4 x (3 min easy run, 1 min easy walk)		REST	Event day	
	30 minutes of easy walking.				10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.			GOOD LUCK!	
								Find your next challenge at GreatRun.org	