

## Simplyhealth Challenger 10k great women's 10 Week Training Plan



Event day: Sunday 4 June 2017

Website: greatrun.org/womens10k

WEEK 1	Completed		Completed		Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	35 min easy run	REST	25min 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	Completed		Completed		Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	3 x 6 min @ betw 10 K & half m pace : 2.5 min recovery	REST	25min easy run	60 min easy run
	35 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.		25 minutes of easy running.	60 minutes of easy running.
WEEK 3	Completed		Completed		Completed	Completed
MON	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.		After a 10 minute easy jog to warm up, run 20 minutes at a hard but controlled pace. Finish off with 10 minutes of easy jogging to warm down.		25 minutes of easy running.	50 minutes of easy running.
WEEK 4	Completed		Completed		Completed	Completed
MON	TUESDAY	WED				
REST		**LD	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	35 min easy run	REST	25 min easy run	REST	SATURDAY 25 min easy run	SUNDAY 0
	35 min easy run 35 minutes of easy running.					
WEEK 5	35 minutes of easy running.		25 min easy run		25 min easy run	30 min easy run
WEEK 5	35 minutes of easy running.	REST	25 min easy run  25 minutes of easy running.  Completed  THURSDAY	REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY	30 min easy run 30 minutes of easy running.
WEEK 5	35 minutes of easy running.  Completed	REST	25 min easy run  25 minutes of easy running.  Completed  THURSDAY	REST	25 min easy run  25 minutes of easy running.  Completed	30 min easy run 30 minutes of easy running.  Completed
WEEK 5	35 minutes of easy running.  Completed	REST	25 min easy run  25 minutes of easy running.  Completed  THURSDAY  4 x 6 min @ 10 mile pace: 3	REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY	30 min easy run  30 minutes of easy running.  Completed  SUNDAY
WEEK 5	35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	REST	25 min easy run  25 minutes of easy running.  Completed  THURSDAY  4 x 6 min @ 10 mile pace: 3 min w/j recovery  Run four 6-minute efforts at your current 10 mile race pace, with a 3 minute walk/jog between each effort to recover.  Don't forget a warm up jog beforehand and a warm down	REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run	30 min easy run  30 minutes of easy running.  Completed  SUNDAY  50 min easy run
WEEK 5 MON REST	35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.	REST	25 min easy run  25 minutes of easy running.  Completed  THURSDAY  4 x 6 min @ 10 mile pace: 3 min w/j recovery  Run four 6-minute efforts at your current 10 mile race pace, with a 3 minute walk/jog between each effort to recover.  Don't forget a warm up jog beforehand and a warm down jog to finish.	REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.	30 min easy run  30 minutes of easy running.  Completed  SUNDAY  50 min easy run  50 minutes of easy running.
WEEK 5 MON REST	35 minutes of easy running.  Completed  TUESDAY  35 min easy run  35 minutes of easy running.  Completed	WED REST	25 min easy run  25 minutes of easy running.  Completed  THURSDAY  4 x 6 min @ 10 mile pace: 3 min w/j recovery  Run four 6-minute efforts at your current 10 mile race pace, with a 3 minute walk/jog between each effort to recover.  Don't forget a warm up jog beforehand and a warm down jog to finish.	FRIDAY REST	25 min easy run  25 minutes of easy running.  Completed  SATURDAY  25 min easy run  25 minutes of easy running.  Completed	30 min easy run  30 minutes of easy running.  Completed  SUNDAY  50 min easy run  50 minutes of easy running.



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WEEK 7	Completed		Completed			Completed	Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	S	SATURDAY	SUNDAY
REST	35 min easy run	REST	7 x 2 min @ 5k pace : 90s w/j recovery	REST	25	min easy run	50 min easy run
	35 minutes of easy running.		Run seven 2-minute efforts at your current 5km race pace, with a 1.5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.		25 minu	tes of easy running.	50 minutes of easy running
WEEK 8	Completed		Completed		Completed		Completed
MON	TUESDAY	WED	THURSDAY	FRIDAY	S	SATURDAY	SUNDAY
REST	35 min easy run	REST	6 x 3 min @ 10k pace: 2 min w/j recovery	REST	25 min easy run		50 min easy run
	35 minutes of easy running.		Run six 3-minute efforts at your current 10km 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.		25 minu	tes of easy running.	50 minutes of easy running
WEEK 9	Completed	Completed		Completed Completed			
MON	TUESDAY	WED	THURSDAY	FRIDAY	S	SATURDAY	SUNDAY
REST	35 min easy run	REST	Accel run: 10 min @ half m pace: straight into 8 min @ 10k pace	REST	25 min easy run 25 minutes of easy running.		45 min easy run
	35 minutes of easy running.		After a 10 minute easy jog to warm up, run 10 minutes at your half marathon race pace, immediately followed by 8 minutes at your current 10K pace. Finish off with 10 minutes of easy jogging to warm down.				45 minutes of easy running.
WEEK 10	Completed		Completed				Completed
MON	TUESDAY	WED	THURSDAY		DAY	SATURDAY	SUNDAY
REST	35 min easy run	REST	20 min easy run	RE	REST		Event day
	35 minutes of easy running.		20 minutes of easy running.				GOOD LUCK!