




BEGINNER 10K




16 WEEK TRAINING PLAN | EVENT DATE: 31/05/20

great  birmingham
10k




WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running with walking for a total of 10 mins. 	REST	REST	Mix up periods of running with walking for a total	REST  Ley Hill	Mix up periods of running with walking for a total of 15 minutes.  Edgbaston

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running with walking for a total of 10 mins. 	REST	REST	10 minutes of easy running.	REST  Ley Hill	1.5 miles of continuous easy running.  Edgbaston




WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running. 	REST	REST	10 minutes of easy running.	REST  Ley Hill	2 miles of continuous easy running.  Edgbaston

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running. 	REST	REST	15 minutes of easy running.	REST  Ley Hill	2 miles of easy running.  Edgbaston

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	15 minutes of easy running.	REST  Ley Hill	2.5 miles of easy running.  Edgbaston

We're not an athletics club – but an informal social running group who meet up once a week. There's no membership or fees involved, simply rock up, drop off your bag and we'll have a range of running routes for you to tackle at your own pace, ranging from 5k – 10k and beyond!

Tuesday - 6:30pm - Brewdog, John Bright Street

great  local

Free, weekly, timed 2k and 5k runs organised by fantastic trained volunteers. Designed to encourage participation from all levels ranging from absolute beginners and families to more experienced regular runners.




Ley Hill - Saturday - 9:30am - Holloway Hall
Edgbaston - Sunday - 9:30am - Edgbaston Reservoir

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WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	2.5 miles of easy running.
	 GREAT RUNNERS BIRMINGHAM				 Ley Hill	 Edgbaston




WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	3 miles of easy running.
	 GREAT RUNNERS BIRMINGHAM				 Ley Hill	 Edgbaston




WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	3 miles of easy running.
	 GREAT RUNNERS BIRMINGHAM				 Ley Hill	 Edgbaston

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	2 miles of steady running.
	 GREAT RUNNERS BIRMINGHAM				 Ley Hill	 Edgbaston

WEEK 10




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	REST	25 minutes of easy running.	REST	3.5 miles of easy running.
	 GREAT RUNNERS BIRMINGHAM				 Ley Hill	 Edgbaston

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WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	25 minutes of steady running.	REST  Ley Hill	3.5 miles of easy running.  Edgbaston




WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	30 minutes of steady running.	REST  Ley Hill	4 miles of easy running.  Edgbaston




WEEK 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	30 minutes of easy running.	REST  Ley Hill	4.5 miles of easy running.  Edgbaston

WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	30 minutes of steady running.	REST  Ley Hill	5 miles of easy running.  Edgbaston

WEEK 15




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	15 minutes of easy running.	REST  Ley Hill	2.5 miles of easy running.  Edgbaston

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WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running. 	REST	REST	15 minutes of easy running..	REST  Ley Hill	RACE DAY GOOD LUCK!  Edgbaston