

# BEGINNER 10K

16 WEEK TRAINING PLAN | EVENT DATE: 03/05/20



## 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	Mix up periods of running with walking for a total of 15 minutes.
						Hengrove

## 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	1.5 miles of continuous easy running.
						Hengrove

## WEEK 3

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

## WEEK 4

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

## WEEK 5

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.
						Hengrove



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!

Wednesday – 6:30pm – V-shed (Weatherspoons)



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.



Sunday - 9:30am - Hengrove Park

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great **bristol**  
10k



## 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 BRISTOL				 Hengrove



## 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 BRISTOL				 Hengrove



## 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 BRISTOL				 Hengrove

## 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 BRISTOL				 Hengrove

## 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 BRISTOL				 Hengrove



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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	3.5 miles of easy running.
						Hengrove

## WEEK 12

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

## WEEK 13

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

## WEEK 14

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

## WEEK 15

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.
						Hengrove



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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	RACE DAY GOOD LUCK!
		 GREAT RUNNERS BRISTOL				 Hengrove



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