BEGINNER 10K

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



WFFK 1

MONDAY

REST

TUESDAY

Mix up periods of running with walking for a total of 10 mins. WEDNESDAY -

REST

THURSDAY -

REST

FRIDAY

Mix up periods of running with walking for a total SATURDAY -

REST

SUNDAY

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

great run Hengrove

WEEK 2

REST

MONDAY

TUESDAY

Mix up periods of running with walking for a total of 10 mins. WEDNESDAY =

REST

GREAT RUNNERS

THURSDAY =

REST

FRIDAY

10 minutes of easy runnina.

SATURDAY =

REST

SUNDAY

1.5 miles of continuous easy running.

great run Hengrove

WEEK 3

REST

MONDAY

TUESDAY

15 minutes of easy running

WEDNESDAY =

REST

RUNNERS

THURSDAY

REST

FRIDAY

10 minutes of easy running

SATURDAY

REST

SUNDAY

2 miles of continuous easy running.

great run Hengrove

WFFK 4

RFST

MONDAY

TUESDAY

15 minutes of easy running.

WEDNESDAY =

REST

THURSDAY =

RFST

FRIDAY

15 minutes of easy running.

SATURDAY -

RFST

SUNDAY

2 milles of easy running

reat run Hengrove

WEEK 5

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY =

REST

THURSDAY

REST

FRIDAY

15 minutes of easy running.

REST

SATURDAY

SUNDAY

2.5 miles of easy running.

great run Hengrove



fees involved, simply rock up, drop off your bag and we'll have

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.

BEGINNER 10K

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MONDAY

REST

TUESDAY 20 minutes of easy

running.

WEDNESDAY =

REST

THURSDAY -

REST

FRIDAY

15 minutes of easy running.

SATURDAY -

REST

SUNDAY

2.5 miles of easy running.

great run Hengrove

WEEK

MONDAY

REST

TUESDAY 20 minutes of easy

running.

WEDNESDAY =

REST

THURSDAY

REST

FRIDAY

15 minutes of easy running.

SATURDAY

REST

SUNDAY

3 miles of easy running.



WEEK 8

REST

MONDAY

20 minutes of easy running.

TUESDAY

WEDNESDAY

REST

GREAT RUNNERS

THURSDAY

REST

FRIDAY

20 minutes of easy running.

SATURDAY

REST

SUNDAY

3 miles of easy running.

great run Hengrove

WEEK 9

REST

MONDAY

TUESDAY

20 minutes of easy running

WEDNESDAY =

REST

GREAT RUNNERS

THURSDAY =

REST

FRIDAY

20 minutes of easy runnina.

SATURDAY

REST

2 miles of steady

running

SUNDAY

great run Hengrove

П

WFFK 1N

REST

MONDAY



TUESDAY

20 minutes of easy running.

WEDNESDAY =

REST

RUNNERS

THURSDAY

REST

FRIDAY

25 minutes of easy running.

SATURDAY

REST

SUNDAY

3.5 miles of easy running.

Hengrove



fees involved, simply rock up, drop off your bag and we'll have

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WEEK 11

REST

MONDAY

TUESDAY = 20 minutes of easy

running.

WEDNESDAY

REST

GREAT RUNNERS

THURSDAY -

REST

25 minutes of steady running.

FRIDAY

SATURDAY -

REST

SUNDAY

3.5 miles of easy running.

great run Hengrove

WEEK 12

REST

MONDAY

20 minutes of easy running.

TUESDAY

WEDNESDAY =

REST

GREAT RUNNERS

THURSDAY

REST

FRIDAY

30 minutes of steady running

SATURDAY

REST

SUNDAY

4 miles of easy running.

great run Hengrove

WEEK 13

REST

MONDAY

20 minutes of easy running.

TUESDAY

WEDNESDAY =

REST

GREAT RUNNERS BRISTOL

THURSDAY

REST

FRIDAY

30 minutes of easy running.

SATURDAY

REST

SUNDAY

4.5 miles of easy running.

great run Hengrove

WEEK 14

REST

MONDAY



TUESDAY

20 minutes of easy running.

WEDNESDAY =

REST

GREAT RUNNERS

THURSDAY =

THURSDAY

REST

REST

FRIDAY

steady running.

30 minutes of

SATURDAY -

REST

E miles of one

SUNDAY

5 miles of easy

П

running.

great run Hengrove

WEEK 15

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY =

REST

RUNNERS BRISTOL FRIDAY

15 minutes of easy running.

SATURDAY

REST

SUNDAY

2.5 miles of easy running.

reat run 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)



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WEEK 16 WEDNESDAY = SATURDAY = THURSDAY -**FRIDAY SUNDAY MONDAY TUESDAY** П RACE DAY **REST** 20 minutes of easy **REST REST** 15 minutes of easy **REST** running. running. GOOD LUCK! great run Hengrove



