## Week 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>Mix up periods of running with walking for a total of 15 minutes.</td>
</tr>
</tbody>
</table>

## Week 2

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>REST</td>
<td>10 minutes of easy running.</td>
<td>REST</td>
<td>1.5 miles of continuous easy running.</td>
</tr>
</tbody>
</table>

## Week 3

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>15 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>10 minutes of easy running.</td>
<td>REST</td>
<td>2 miles of continuous easy running.</td>
</tr>
</tbody>
</table>

## Week 4

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>15 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>15 minutes of easy running.</td>
<td>REST</td>
<td>2 miles of easy running.</td>
</tr>
</tbody>
</table>

## Week 5

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>15 minutes of easy running.</td>
<td>REST</td>
<td>2.5 miles of easy running.</td>
</tr>
</tbody>
</table>

---

Free, weekly, timed 3k 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.

**Salford Quays** - Thursday - 6:45pm Salford Quays Watersports Centre
**Wythenshawe Park** - Sunday - 9:00am - Wythenshawe Park Athletics Track
**Boggart Hole Clough** - Sunday - 9:00am - Boggart Hole Clough Track
**Birches Park** - Sunday, 11:00am - Birchfields Park entrance
**Burrs Country Park** - Sunday - 9:30am - Burrs Country Park Activity Centre
Free, weekly, timed 3k 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.

**WEEK 6**
- **MONDAY** - REST
- **TUESDAY** - 20 minutes of easy running.
- **WEDNESDAY** - REST
- **THURSDAY** - 15 minutes of easy running.
- **FRIDAY** - 15 minutes of easy running.
- **SATURDAY** - REST
- **SUNDAY** - 2.5 miles of easy running.

**WEEK 7**
- **MONDAY** - REST
- **TUESDAY** - 20 minutes of easy running.
- **WEDNESDAY** - REST
- **THURSDAY** - 15 minutes of easy running.
- **FRIDAY** - 15 minutes of easy running.
- **SATURDAY** - REST
- **SUNDAY** - 3 miles of easy running.

**WEEK 8**
- **MONDAY** - REST
- **TUESDAY** - 20 minutes of easy running.
- **WEDNESDAY** - REST
- **THURSDAY** - 20 minutes of easy running.
- **FRIDAY** - 20 minutes of easy running.
- **SATURDAY** - REST
- **SUNDAY** - 3 miles of easy running.

**WEEK 9**
- **MONDAY** - REST
- **TUESDAY** - 20 minutes of easy running.
- **WEDNESDAY** - REST
- **THURSDAY** - 20 minutes of easy running.
- **FRIDAY** - 20 minutes of easy running.
- **SATURDAY** - REST
- **SUNDAY** - 2 miles of steady running.

**WEEK 10**
- **MONDAY** - REST
- **TUESDAY** - 20 minutes of easy running.
- **WEDNESDAY** - REST
- **THURSDAY** - 25 minutes of easy running.
- **FRIDAY** - 25 minutes of easy running.
- **SATURDAY** - REST
- **SUNDAY** - 3.5 miles of easy running.

**Locations**
- Salford Quays - Thursday - 6:45pm Salford Quays Watersports Centre
- Wythenshawe Park - Sunday - 9:00am - Wythenshawe Park Athletics Track
- Debdale Park - Sunday - 9:00am - Debdale Park Tennis Courts
- Boggart Hole Clough - Sunday - 9:00am - Boggart Hole Clough Track
- Birchfields Park - Sunday, 11:00am - Birchfields Park entrance
- Burrs Country Park - Sunday - 9:30am - Burrs Country Park Activity Centre
### BEGINNER 10K
### 16 WEEK TRAINING PLAN | EVENT DATE: 24/05/20

**Salford Quays** - Thursday - 6:45pm Salford Quays Watersports Centre  
**Wythenshawe Park** - Sunday - 9:00am - Wythenshawe Park Athletics Track  
**Boggart Hole Clough** - Sunday - 9:00am - Boggart Hole Clough Track  
**Birchfields Park** - Sunday, 11:00am - Birchfields Park entrance  
**Burrs Country Park** - Sunday - 9:30am - Burrs Country Park Activity Centre

### 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.

---

**WEEK 11**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>25 minutes of steady running.</td>
<td>REST</td>
<td>3.5 miles of easy running.</td>
</tr>
</tbody>
</table>

**Locations:**  
- Salford Quays - 5 Locations

**WEEK 12**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>30 minutes of steady running.</td>
<td>REST</td>
<td>4 miles of easy running.</td>
</tr>
</tbody>
</table>

**Locations:**  
- Salford Quays - 5 Locations

**WEEK 13**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>30 minutes of steady running.</td>
<td>REST</td>
<td>4.5 miles of easy running.</td>
</tr>
</tbody>
</table>

**Locations:**  
- Salford Quays - 5 Locations

**WEEK 14**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>30 minutes of steady running.</td>
<td>REST</td>
<td>5 miles of easy running.</td>
</tr>
</tbody>
</table>

**Locations:**  
- Salford Quays - 5 Locations

**WEEK 15**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>15 minutes of easy running.</td>
<td>REST</td>
<td>2.5 miles of easy running.</td>
</tr>
</tbody>
</table>

**Locations:**  
- Salford Quays - 5 Locations
BEGINNER 10K
16 WEEK TRAINING PLAN | EVENT DATE: 24/05/20

WEEK 16

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>REST</td>
<td>20 minutes of easy running.</td>
<td>REST</td>
<td>REST</td>
<td>15 minutes of easy running...</td>
<td>REST</td>
<td>RACE DAY GOOD LUCK!</td>
</tr>
</tbody>
</table>

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.