

BEGINNER 10K

16 WEEK TRAINING PLAN | EVENT DATE: 24/05/20

greatmanchester
run

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running with walking for a total of 10 minutes.	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.
			greatmanchester run local Salford Quay			greatmanchester run local x 5 Locations

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	Mix up periods of running with walking for a total of 10 minutes.	REST	REST	10 minutes of easy running.	REST	1.5 miles of continuous easy running.
			greatmanchester run local Salford Quay			greatmanchester run local x 5 Locations

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.
			greatmanchester run local Salford Quay			greatmanchester run local x 5 Locations

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.
			greatmanchester run local Salford Quay			greatmanchester run local x 5 Locations

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.
			greatmanchester run local Salford Quay			greatmanchester run local x 5 Locations



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.



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


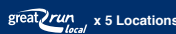
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WEEK 6

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.
			 Salford Quay			 x 5 Locations


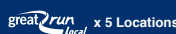
WEEK 7

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.
			 Salford Quay			 x 5 Locations


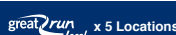
WEEK 8

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.
			 Salford Quay			 x 5 Locations

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.
			 Salford Quay			 x 5 Locations

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.
			 Salford Quay			 x 5 Locations



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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.
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

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.
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

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.
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

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.
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

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.
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations



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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!
			 Salford Quay			 x 5 Locations



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