

10K

BEGINNER | 16 WEEK TRAINING PLAN

GREATRUN.ORG



WEEK 1

Running in the wrong trainers could cause lower limb and foot problems like shin splints. A podiatrist can provide gait analysis to help improve your running performance and give impartial advice on footwear.

GAIT ANALYSIS

MON	TUE	WED	THU	FRI	SAT	SUN
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 of 15 minutes.	REST	Mix up periods of running with walking for a total of 15 minutes.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 10 minutes.	REST	REST	10 minutes of easy running.	REST	15 minutes of easy running.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	10 minutes of easy running.	REST	20 minutes of easy running.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes of easy running.



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To help you reach your peak performance, our Active Plan has you covered.

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WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes of easy running.

WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

WEEK 8

Physio and podiatry play an integral part in preventing and treating all foot and ankle complaints. Through proper assessment and the right treatment, usually specific exercises or orthoses, most conditions can be relieved and keep you running.

PHYSIO / PODIATRY

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	20 minutes of easy running.

WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of steady running.



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WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running	REST	10 minutes of easy running.	25 minutes of easy running.

WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	15 minutes of steady running.	REST	10 minutes of easy running.	30 minutes of easy running.

WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	20 minutes of steady running.	REST	15 minutes of easy running.	40 minutes of easy running.

WEEK 13

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of steady running.	REST	15 minutes of easy running.	45 minutes of easy running.

WEEK 14

Tension and toxins in your muscles can often cause pain. A professional sports massage can encourage blood and lymph flow throughout the body, preventing injury from muscle fatigue.

MASSAGE

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 minutes of easy running.	REST	15 minutes of easy running.	REST	15 minutes of easy running.	50 minutes of easy running.



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WEEK 15

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of steady running.

WEEK 16

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY. GOOD LUCK!



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