

10 MILE

BEGINNER | 12 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	10 min run/walk. Mix up periods of running with walking for a total of 10 minutes.	REST	REST	10 min easy run.	REST	15 min easy run.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 min easy run.	REST	REST	10 min easy run.	REST	20 min easy run.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 min easy run.	REST	REST	15 min easy run.	REST	15 min easy run.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 min easy run.	REST	REST	20 min easy run.	REST	20 min easy run.



Simplyhealth

Active Plan

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

From physiotherapy to gait analysis, we'll pay towards the costs to let you focus on being your personal best.



[simplyhealth.co.uk/active](https://www.simplyhealth.co.uk/active)

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WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 min easy run.	REST	20 min easy run.	REST	10 min easy run.	25 min easy run.

WEEK 6

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 min easy run.	REST	20 min easy run.	REST	10 min easy run.	40 min easy run.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min easy run.	REST	25 min easy run.	REST	15 min easy run.	50 min easy run.

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min easy run.	REST	30 min easy run.	REST	10 min easy run.	60 min easy run.

WEEK 9

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	20 min easy run.	REST	30 min easy run.	REST	15 min easy run.	70 min easy run.



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WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min easy run.	REST	20 min easy run.	REST	20 min easy run.	80 min easy run.

WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 min easy run.	REST	20 min easy run.	Mix up periods of running with walking for a total of 15 minutes.	10 min easy run.	50 min easy run.

WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min easy run.	REST	15 min easy run.	REST	10 min easy run or rest.	EVENT DAY GOOD LUCK!



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