



IMPROVER 10K



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

great **bristol** 10k



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running	REST	20 minutes of easy running	REST	20 minutes of easy running	3 miles of easy running
						 Hengrove



WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running	REST	Run five 3-min efforts at your current 10K pace, with a 2 min walk/jog between each effort to recover.	REST	20 minutes of easy running	4 miles of easy running
						 Hengrove



WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes of easy running	REST	Run two 8-min efforts at your 10K goal pace, with a 5 min walk/jog between each effort to recover.	REST	25 minutes of easy running	4.5 miles of easy running
						 Hengrove

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running	REST	After a 10 minute easy jog to warm up, run 25 minutes at a steady pace.	REST	30 minutes of easy running	5 miles of easy running
						 Hengrove

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running	REST	Run four 3-min efforts at your current 5K pace, with a 2.5 min walk/jog between each effort to recover.	REST	30 minutes of easy running	6 miles of easy running
						 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)



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.



Sunday - 9:30am - Hengrove Park

IMPROVER 10K



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

great **bristol** 10k



WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running	REST	30 minutes of easy running	REST	10 minutes of easy running	4.5 miles of easy running
		 GREAT RUNNERS BRISTOL				 Hengrove



WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running	REST	35 min running, with 20 min at a steady pace in the middle. Easy pace for the rest of the run	REST	25 minutes of easy running	6 miles of easy running
		 GREAT RUNNERS BRISTOL				 Hengrove



WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running	REST	Run six 2.5-min efforts alternating effort between your current 5K & 10K pace, with a 2 min walk/jog between.	REST	30 minutes of easy running	7 miles of easy running
		 GREAT RUNNERS BRISTOL				 Hengrove

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running	REST	10 min easy jog to warm up, run 8 min at your 10K pace, followed by 4 min at your current 5K pace.	REST	30 minutes of easy running	8 miles of easy running
		 GREAT RUNNERS BRISTOL				 Hengrove

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running	REST	35 minutes of steady running then 5 minutes hard controlled running to finish	REST	30 minutes of easy running	6 miles of easy running
		 GREAT RUNNERS BRISTOL				 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)



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.

Sunday - 9:30am - Hengrove Park

IMPROVER 10K

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



WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running	REST	Run three 6-min efforts at your current half marathon pace, with a 2 min walk/jog between each.	REST	30 minutes of easy running	4.5 miles of easy running

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running	REST	20 minutes of easy running	REST	10 minutes of easy running	RACE DAY GOOD LUCK!



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)



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.

Sunday - 9:30am - Hengrove Park