

# IMPROVER 10K

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

greatmanchester  
run

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

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

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

## 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
			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

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## 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
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

## 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
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

## 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
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations

## 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
			greatmanchester local Salford Quay			greatmanchester local x 5 Locations



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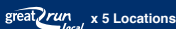

**Salford Quays** - Thursday - 6:45pm Salford Quays Watersports Centre  
**Wythenshawe Park** - Sunday - 9:00am - Wythenshawe Park Athletics Track  
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## WEEK 9

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  x 5 Locations
 Salford Quay						



## 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  x 5 Locations
 Salford Quay						

## 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  x 5 Locations
 Salford Quay						

## WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running	REST	20 minutes of easy running  Salford Quay	REST	10 minutes of easy running	RACE DAY GOOD LUCK!  x 5 Locations