

# 10K

## IMPROVER | 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	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	30 minutes of easy running.

### WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	Run five 3-minute efforts at approx. your current 10K race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.	REST	20 minutes of easy running.	40 minutes of easy running.

### WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of easy running.	REST	Run two 8-minute efforts at approx. your 10K goal race pace, with a 5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.	REST	25 minutes of easy running.	40 minutes of easy running.



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)

# 10K

## IMPROVER | 12 WEEK TRAINING PLAN

GREATRUN.ORG



### WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	After a 10 minute easy jog to warm up, run 25 minutes at a steady pace. Finish off with 10 minutes of easy jogging to warm down.	REST	30 minutes of easy running.	45 minutes of easy running.

### WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	Run four 3-minute efforts at approx. your current 5K race pace, with a 2.5 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.	REST	30 minutes of easy running.	40 minutes of easy running.

### 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	30 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	40 minutes of easy running.



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)

# 10K

## IMPROVER | 12 WEEK TRAINING PLAN

GREATRUN.ORG



### WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	30 minutes running, with 20 minutes at a steady pace in the middle. Easy pace for the rest of the run.	REST	25 minutes of easy running.	40 minutes of easy running.

### WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	Run six 2.5-minute efforts alternating each effort between your current 5K & 10K race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.	REST	30 minutes of easy running.	50 minutes of easy running.

### 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	30 minutes of easy running.	REST	After a 10 minute easy jog to warm up, run 8 minutes at your 10K goal pace, immediately followed by 4 minutes at your current 5K pace. Finish off with 10 minutes of easy jogging to warm down.	REST	30 minutes of easy running.	60 minutes of easy running.



## 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)

# 10K

## IMPROVER | 12 WEEK TRAINING PLAN

GREATRUN.ORG



### WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	40 minutes of easy running.	REST	30 minutes of steady running then 5 minutes hard controlled running to finish	REST	30 minutes of easy running.	50 minutes of easy running.

### WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of easy running.	REST	Run three 6-minute efforts at your current half marathon race pace, with a 2 minute walk/jog between each effort to recover. Don't forget a warm up jog beforehand and a warm down jog to finish.	REST	30 minutes of easy running.	45 minutes of easy running.

### WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY. GOOD LUCK!



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)