

# 10 MILE

## 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 min easy run.	REST	20 min easy run.	REST	20 min easy run.	30 min easy run.

### WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 min easy run.	REST	5 x 3 min @ 10K pace; 2 mins walk/jog recovery.  After a gentle warm up jog, 3 minutes at your 10K pace followed by 2 minutes jog/walk to recover, repeated 5 times. Finish with a gentle jog.	REST	20 min easy run.	40 min easy run.

### WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25min easy run.	REST	3 x 6 min @ 10 mile goal pace; 3 mins walk/jog recovery.  After a gentle warm up jog, 6 minutes at your 10 mile goal pace followed by 3 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.	REST	25 min easy run.	45 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.



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### WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy run.	REST	10 mins warm up + 25 mins steady run + 10 mins warm down.  10 mins warm up + 25 mins steady run + 10 mins warm down.	REST	30 min easy run.	50 min easy run.

### WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy run.	REST	4 x 3 min @ 5K pace, 2½ mins jog/walk recovery.  After a gentle warm up, 3 minutes at your 5K pace followed by 2½ minutes jog/walk to recover, repeated 4 times. Finish with a gentle jog.	REST	20 min easy run.	60 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	30 min easy run.	REST	30 min easy run.	REST	10 min easy run.	40 min easy run.



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### WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy run.	REST	35 min easy run, middle 20 mins steady.  35 minutes of running - first 10 minutes easy, then 20 minutes at a steady pace, and finish off with 5 minutes easy.	REST	30 min easy run.	50 min easy run.

### WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy run.	REST	10 min + 8 min + 5 min @ 10 mile pace; 3 min walk/jog recovery.  After a gentle warm up, run efforts of 10 minutes, 8 minutes and 5 minutes at your 10 mile pace. Follow each with 3 minutes jog/walk recovery. Finish off with a gentle jog.	REST	30 min easy run.	60 min easy run.



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### 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 min easy run.	REST	Acceleration run: 8 mins @ 10K goal pace + 4 mins @ 5K pace.  After a gentle warm up, 8 minutes are your 10K goal pace followed by 4 minutes running at your 5k pace. Finish with a gentle jog.	REST	30 min easy run.	70 min easy run.

### WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	40 min easy run.	REST	35 min steady run incl. last 5 mins hard.  30 minutes of steady running then 5 minutes of hard controlled running.	REST	30 min easy run.	80 min easy run.



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## WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 min easy run.	REST	3 x 6 mins @ 10 mile pace; 2 mins walk/jog recovery.  After a gentle warm up, 6 minutes at your 10 mile pace, followed by 2 minutes jog/walk to recover, repeated 3 times. Finish with a gentle jog.	REST	30 min easy run.	45 min easy run.

## WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 min easy run.	REST	20 min easy run.	REST	10 min easy run.	EVENT DAY GOOD LUCK!



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