

10 WEEK TRAINING PLAN

EVENT DATE: SUNDAY 6 MAY 2018
GREATRUN.ORG/BIRMINGHAM10K

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	35 minutes of easy running.	REST	25 minutes of easy running.	50 minutes of easy running.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 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	25 minutes of easy running.	60 minutes of easy running.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	After a 10 minute easy jog to warm up, run 20 minutes at a hard but controlled pace. Finish off with 10 minutes of easy jogging to warm down.	1 minute of easy running followed by 1 minute of easy walking, repeated 12 times.	25 minutes of easy running.	50 minutes of easy running.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	25 minutes of easy running.	REST	25 minutes of easy running.	30 minutes of easy running.

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	Run four 6-minute efforts at your current 10 mile race pace, with a 3 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.	50 minutes of easy running.

WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	Run ten 1-minute efforts at your current 3km race pace, with a 75 second 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.	60 minutes of easy running.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	Run seven 2-minute efforts at your current 5km race pace, with a 1.5 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.	50 minutes of easy running.

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	Run six 3-minute efforts at your current 10km 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	25 minutes of easy running.	50 minutes of easy running.

CHALLENGER 10K

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WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	35 minutes of easy running.	REST	After a 10 minute easy jog to warm up, run 10 minutes at your half marathon race pace, immediately followed by 8 minutes at your current 10K pace. Finish off with 10 minutes of easy jogging to warm down.	REST	25 minutes of easy running.	45 minutes of easy running.

WEEK 10

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

