

# INTRODUCTORY 10K

## 16 WEEK TRAINING PLAN

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

### WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 10 minutes.	REST	REST	Mix up periods of running with walking for a total of 15 minutes.	REST	Mix up periods of running with walking for a total of 15 minutes.

### WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	Mix up periods of running with walking for a total of 10 minutes.	REST	REST	10 minutes of easy running.	REST	15 minutes of easy running.

### WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	10 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes of easy running.

### WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

### WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	25 minutes of easy running.

### WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	20 minutes of easy running.

### WEEK 9

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of steady running.

### WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	25 minutes of easy running.

### WEEK 11

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	15 minutes of steady running.	REST	10 minutes of easy running.	30 minutes of easy running.

### WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	20 minutes of steady running.	REST	15 minutes of easy running.	40 minutes of easy running.

### WEEK 13

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	20 minutes of steady running.	REST	15 minutes of easy running.	45 minutes of easy running.

### WEEK 14

MON	TUE	WED	THU	FRI	SAT	SUN
REST	10 minutes of easy running.	REST	15 minutes of easy running.	REST	15 minutes of easy running.	50 minutes of easy running.

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### WEEK 15

MON	TUE	WED	THU	FRI	SAT	SUN
REST	15 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	15 minutes of steady running.

### WEEK 16

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY. GOOD LUCK!



**BIRMINGHAM CITY**  
University