

RUN, WALK IOK



8 WEEK TRAINING PLAN

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



MON	TUE	WED	THU	FRI	SAT	SUN
REST	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.	REST	REST	20 minutes of brisk walking	REST	1 minute of eas running followe by 1 minute of easy walking, f a total distance 1 mile.
VEE	〈 2					
МОИ	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.	REST	l and a half minutes of eas running followe by l and a ha minutes of eas walking, for a total distance of and a half mile
VEE	〈 3					
МОН	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 12 times.	REST	l and a half minutes of eas running followe by l and a ha minutes of eas walking, for a total distance o miles.
VEE	〈 4					
MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	REST	2 minutes of earunning follows by 1 and a ha minutes of earwalking, for a total distance of and a half mile
VEE	< 5					
МОН	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of ed running followe by 1 minute o easy walking, f a total distance



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great run training
Training plans | Diary | Routes | Stats | Advice | Tips

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MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 and a half miles.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.	REST	EVENT DAY GOOD LUCK!

