

# 10 MILE BEGINNER

## 12 WEEK TRAINING PLAN

A 10 mile run can feel daunting if you're a beginner. But remember, Great Runs are for everyone. Follow this training plan and you'll soon be hitting your stride, whatever your pace.



# 10 MILE BEGINNER

## 12 WEEK TRAINING PLAN

### WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	10 minutes run/walk	REST	REST	10 minutes of easy running.	REST	15 minutes easy running.

### WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	10 minutes of easy running.	REST	20 minutes easy running.

### WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	15 minutes of easy running.	REST	20 minutes easy running.

### WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	REST	20 minutes of easy running.	REST	20 minutes easy running.

### WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes easy running.	25 minutes easy running.

### WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes easy running.	40 minutes easy running.

# 10 MILE BEGINNER

## 12 WEEK TRAINING PLAN

### WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	25 minutes of easy running.	REST	15 minutes of easy running.	50 minutes easy running.

### WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	30 minutes of easy running.	REST	10 minutes of easy running.	60 minutes easy running.

### WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	30 minutes of easy running.	REST	15 minutes of easy running.	70 minutes easy running.

### WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes of easy running.	20 minutes easy running.

### WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	50 minutes easy running.

### WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	15 minutes of easy running.	REST	10 minutes of easy running.	<b>EVENT DAY</b> GOOD LUCK!