

10 MILE IMPROVER

12 WEEK TRAINING PLAN

Already capable of running non-stop for 30-40 minutes at an easy pace? Perhaps even completed a 10 mile run (or two)? With this training plan you'll be hot-footing it towards a PB in no time.



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WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	20 minutes easy running.	30 minutes easy running.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	5 x (3 min at 10K pace followed by 2 min jog/walk to recover)	REST	20 minutes easy running.	30 minutes easy running.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes of easy running.	REST	3 x (6 min at 10 mile pace followed by 3 min jog/walk to recover)	REST	25 minutes easy running.	45 minutes easy running.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes of easy running.	REST	25 min of steady run, plus 10 min warm up and 10 min warm down jog.	REST	20 minutes easy running.	50 minutes easy running.

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	4 x (3 min at 5K pace followed by 2.5 min jog/walk to recover)	REST	20 minutes easy running.	60 minutes easy running.

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	30 minutes easy running.	REST	10 minutes easy running.	40 minutes easy running.

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WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	35 min run (first 10 min easy, then 20 min at a steady pace, and finish with 5 min easy)	REST	30 minutes easy running.	50 minutes easy running.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	Run 10 min, 8 min and 5 min at 10 mile pace. Follow each with 3 min jog/walk recovery.	REST	30 minutes easy running.	60 minutes easy running.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	8 min at 10K pace followed by 4 min run at 5k pace. Finish with a gentle jog.	REST	30 minutes easy running.	70 minutes easy running.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running.	REST	30 min of steady running then 5 min of hard controlled running.	REST	30 minutes easy running.	80 minutes easy running.

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	40 minutes of easy running.	REST	3 x (6 min at 10 mile pace, followed by 2 min jog/walk to recover)	REST	30 minutes easy running.	40 minutes easy running.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy jogging or rest.	EVENT DAY GOOD LUCK!

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WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes of easy running.	REST	3 x (6 min at current half marathon race pace, with a 2 min walk/jog between to recover)	REST	30 minutes of easy running.	45 minutes of easy running.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	35 minutes of easy running.	REST	20 minutes of easy running.	REST	10 minutes of easy running.	EVENT DAY GOOD LUCK!