AJBell

great run series

10 MILE TRAINING PLANS

BEGINNER | RUN–WALK | IMPROVER

10 miles is a great distance: far enough to venture out onto new routes and keep things fresh, but achievable without too much pain. No wonder they're so popular. Our training plans will help you build distance and confidence.

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.

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Official Training Partner

Runna

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.

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.	EVENT DAY GOOD LUCK!

VISIT GREATRUN.ORG/TRAINING FOR FREE TIPS AND ADVICE ON NUTRITION, STAYING INJURY FREE AND MUCH MORE

10 MILE RUN WALK

12 WEEK TRAINING PLAN

It's a huge achievement to commit to a training plan and complete an event whether you run it, walk it or do a mixture of both. With our run-walk training schedule, you'll be on the road to success in no time.

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WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	6 x (1 min easy run followed by 1 min of easy walk)	REST	REST	20 minutes brisk walking.	REST	1 min easy run followed by 1 min easy walk, for a total distance of 1 mile.

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 minutes brisk walking.	REST	REST	8 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 1.5 miles.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	10 x (1 min easy run followed by 1 min easy walk)	REST	1.5 min easy run followed by 1.5 min easy walk, for a total distance of 2 miles.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	12 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 2.5 miles.

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	5 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 3 miles.

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	2 min easy run followed by 1 min easy walk, for a total distance of 3.5 miles.

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (3 min easy run followed by 2 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 4 miles.

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	25 minutes brisk walking.	REST	REST	6 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 5 miles.

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	9 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 6 miles.

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	6 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 7 miles.

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes brisk walking.	REST	REST	7 x (4 min easy run followed by 1 min easy walk)	REST	3 min easy run followed by 1 min easy walk, for a total distance of 8 miles.

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	30 minutes easy walking.	REST	REST	10 min easy walk + 3 x (3 min easy run followed by 1 min easy walk)	REST	EVENT DAY GOOD LUCK!

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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10 MILE IMPROVER
12 WEEK TRAINING PLAN

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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.

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!

10 MILE IMPROVER
12 WEEK TRAINING PLAN

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!