great manchester run

Introductory 10k
16 Week Training Plan

Event day: **Sunday 28 May 2017**
Website: **greatrun.org/manchester**

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

Manchester Metropolitan University SPORT 1824

WEEK 1

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	10 min run/walk	REST	REST	15 min run/walk	REST	15 min run/walk
	Mix up periods of running with walking for a total of 10 minutes.			Mix up periods of running with walking for a total of 15 minutes.		Mix up periods of running with walking for a total of 15 minutes.

WEEK 2

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	10 min run/walk	REST	REST	10 min easy run	REST	15 min easy run
	Mix up periods of running with walking for a total of 10 minutes.			10 minutes of easy running.		15 minutes of easy running.

WEEK 3

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	15 min easy run	REST	REST	10 min easy run	REST	20 min easy run
	15 minutes of easy running.			10 minutes of easy running.		20 minutes of easy running.

WEEK 4

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	15 min easy run	REST	REST	15 min easy run	REST	20 min easy run
	15 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.

WEEK 5

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	20 min easy run	REST	REST	15 min easy run	REST	20 min easy run
	20 minutes of easy running.			15 minutes of easy running.		20 minutes of easy running.

WEEK 6

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	15 min easy run	REST	REST	15 min easy run	REST	25 min easy run
	15 minutes of easy running.			15 minutes of easy running.		25 minutes of easy running.

WEEK 7

MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
	Completed ○			Completed ○		Completed ○
REST	15 min easy run	REST	REST	15 min easy run	REST	25 min easy run
	15 minutes of easy running.			15 minutes of easy running.		25 minutes of easy running.

WEEK 8

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Completed ○		Completed ○		Completed ○	Completed ○
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	20 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	20 minutes of easy running.

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WEEK 9

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	15 min steady run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	15 minutes of steady running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 10

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	10 min easy run	25 min easy run
	15 minutes of easy running.		20 minutes of easy running.		10 minutes of easy running.	25 minutes of easy running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 11

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	15 min steady run	REST	10 min easy run	30 min easy run
	15 minutes of easy running.		15 minutes of steady running.		10 minutes of easy running.	30 minutes of easy running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 12

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	20 min steady run	REST	15 min easy run	40 min easy run
	20 minutes of easy running.		20 minutes of steady running.		15 minutes of easy running.	40 minutes of easy running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 13

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	20 min easy run	REST	15 min easy run	45 min easy run
	15 minutes of easy running.		20 minutes of easy running.		15 minutes of easy running.	45 minutes of easy running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 14

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	10 min easy run	REST	15 min steady run	REST	15 min easy run	50 min easy run
	10 minutes of easy running.		15 minutes of steady running.		15 minutes of easy running.	50 minutes of easy running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 15

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	15 min easy run	REST	15 min easy run	REST	10 min easy run	15 min steady run
	15 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running.	50 minutes of easy running.
	Completed ○		Completed ○		Completed ○	Completed ○

WEEK 16

MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	20 min easy run	REST	15 min easy run	REST	10 min easy run or rest	Event day
	20 minutes of easy running.		15 minutes of easy running.		10 minutes of easy running.	GOOD LUCK!
	Completed ○		Completed ○		Completed ○	Completed ○

Visit **greatruntraining.org** for a free interactive version of this training plan and much more.