

10K

10 Week Training Plan

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	Mix up periods of running & walking for 10 mins.	REST	REST	Mix up periods of running & walking for 15 mins.	REST	10 mins of easy running

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	Mix up periods of running & walking for 10 mins.	REST	REST	10 mins of easy running	REST	15 mins of easy running

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	10 mins of easy running	REST	REST	15 mins of easy running	REST	20 mins of easy running

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	15 mins of easy running.	REST	20 mins of easy running	REST	REST	20 mins of easy running.

Week Five	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	15 mins of easy running	REST	20 mins of easy running	REST	REST	25 mins of easy running.

Week Six	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	15 mins of easy running	REST	20 mins of easy running	REST	10 mins of easy running	30 mins of easy running

10K 12 Week Training Plan

Week Seven	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	20 mins of easy running	REST	20 mins of easy running	REST	15 mins of easy running	40 mins of easy running

Week Eight	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	15 mins of easy running	REST	25 mins of easy running	REST	15 mins of easy running	50 mins of easy running

Week Nine	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	15 mins of easy running	REST	20 mins of easy running	REST	10 mins of easy running	30 mins of easy running

Week Ten	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	30 mins of easy running	REST	20 mins of easy running	REST	15 mins of easy running	EVENT DAY!

This training has been produced for the Great Birmingham Run's Half Marathon, happening on Sunday 1st May 2022. Find out more and join Team St Basils via: stbasils.org.uk/events/greatbirminghamrun

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