

# **10K INTRODUCTORY**



The University of Manchester

16 WEEK TRAINING PLAN | EVENT DATE: 24 MAY 2020

V	M	C	C	V	٦
V	M	E		Λ	Т

MONDAY

REST

**TUESDAY** 

Mix up periods of running & walking for 10 minutes. WEDNESDAY

REST

THURSDAY

REST

**FRIDAY** 

Mix up periods of running & walking for 15 minutes.

SATURDAY

REST

SUNDAY

Mix up periods of running & walking for 15 minutes.

## WEEK 2

MONDAY

REST

**TUESDAY** 

Mix up periods of running & walking for 10 minutes.

WEDNESDAY

REST

THURSDAY

REST

**FRIDAY** 

10 minutes of easy running.

SATURDAY

REST

SUNDAY

15 minutes of easy running.

### **WEEK 3**

MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

WEDNESDAY

REST

THURSD<u>ay</u>

REST

FRIDAY

10 minutes of easy running.

**SATURDAY** 

REST 20 minute

20 minutes of easy running.

SUNDAY

## WEEK 4

MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

WEDNESDAY

REST

THURSDAY

REST

FRIDAY

15 minutes of easy running.

**SATURDAY** 

REST

SUNDAY

20 minutes of easy running.

#### WEEK 5

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY

REST

**THURSDAY** 

REST

FRIDAY

15 minutes of easy running.

**SATURDAY** 

REST

SUNDAY

20 minutes of easy running.

#### WEEK 6

MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

WEDNESDAY

REST

THURSDAY

REST

FRIDAY

15 minutes of easy running.

SATURDAY

REST

SUNDAY

25 minutes of easy running.



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MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

WEDNESDAY

REST

THURSDAY

REST

**FRIDAY** 

15 minutes of easy running.

SATURDAY

REST

**SUNDAY** 

25 minutes of easy running.

## **WEEK 8**

MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

**WEDNESDAY** 

REST

THURSDAY

20 minutes of easy running.

**FRIDAY** 

REST.

**SATURDAY** 

10 minutes of easy running.

SUNDAY

20 minutes of easy running.

### WEEK 9

MONDAY

REST

TUESDAY

15 minutes of easy running.

WEDNESDAY

REST

THURSDAY

20 minutes of easy running.

FRIDAY

REST

SATURDAY

10 minutes of easy running.

SUNDAY

15 minutes of easy running.

## **WEEK 10**

MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

WEDNESDAY

REST

THURSDAY

20 minutes of easy running.

**FRIDAY** 

REST

**SATURDAY** 

10 minutes of easy running.

**SUNDAY** 

25 minutes of easy running.

#### **WEEK 11**

MONDAY

REST

**TUESDAY** 

15 minutes of easy running.

WEDNESDAY

REST

**THURSDAY** 

15 minutes of steady running.

FRIDAY

REST

**SATURDAY** 

10 minutes of easy running.

SUNDAY

30 minutes of easy running.

## **WEEK 12**

MONDAY

TUESDAY

20 minutes of easy running.

WEDNESDAY

REST

THURSDAY

20 minutes of steady running.

FRIDAY

REST

**SATURDAY** 

15 minutes of easy running.

SUNDAY

40 minutes of easy running.



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**WEEK 13** 

MONDAY

REST

TUESDAY

15 minutes of easy running.

WEDNESDAY

REST

THURSDAY

20 minutes of steady running.

FRIDAY

REST

**SATURDAY** 

15 minutes of easy running.

SUNDAY

45 minutes of easy running.

**WEEK 14** 

MONDAY

REST

**TUESDAY** 

10 minutes of easy running.

WEDNESDAY

REST

THURSDAY

15 minutes of easy running.

**FRIDAY** 

REST.

**SATURDAY** 

15 minutes of easy running.

SUNDAY

50 minutes of easy running.

**WEEK 15** 

MONDAY

REST

**TUESDAY** 

15 minutes of easy running. WEDNESDAY

REST

**THURSDAY** 

15 minutes of easy running.

FRIDAY

REST

\_\_\_\_\_

10 minutes of easy running.

**SATURDAY** 

SUNDAY

15 minutes of steady running.

**WEEK 16** 

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY

REST

**THURSDAY** 

15 minutes of easy running.

**FRIDAY** 

REST

**SATURDAY** 

10 minutes of easy running.

SUNDAY

EVENT DAY GOOD LUCK!