

10K IMPROVER



12 WEEK TRAINING PLAN | EVENT DATE: 24 MAY 2020

The University of Manchester

WEEK 1

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY

REST

THURSDAY

20 minutes of easy running.

FRIDAY

REST

SATURDAY

20 minutes of easy running.

SUNDAY

30 minutes of easy running.

WEEK 2

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY

REST

THURSDAY

5 x (3 min at your current 10K pace, with 2 min walk/ jog between to recover)

FRIDAY

REST

SATURDAY

20 minutes of easy running.

SUNDAY

40 minutes of easy running.

SUNDAY

WEEK 3

MONDAY

REST

TUESDAY

20 minutes of easy running.

WEDNESDAY

REST

THURSDAY

2 x (8 min at your 10K goal pace, with 5 min walk/jog between to recover.

FRIDAY

REST

SATURDAY

running.

25 minutes of easy 40 minutes of easy running.

WEEK 4

MONDAY REST

TUESDAY

30 minutes of easy running.

WEDNESDAY

REST

THURSDAY

10 min easy jog to warm up, 25 min at a steady pace. Then 10 min easy jog to warm down.

FRIDAY

REST

SATURDAY

30 minutes of easy running.

SUNDAY

45 minutes of easy running.

WEEK 5

MONDAY

REST

TUESDAY

30 minutes of easy running.

WEDNESDAY

REST

THURSDAY

4 x (3 min at your current 5K pace, with a 2.5 min walk/ jog between to recover)

FRIDAY

REST

SATURDAY

30 minutes of easy running

SUNDAY

40 minutes of easy running



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WEEK 6

MONDAY

REST

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TUESDAY

30 minutes of easy running.

WEDNESDAY

REST

THURSDAY

30 minutes of easy running.

FRIDAY

REST

SATURDAY

10 minutes of easy running.

SUNDAY

40 minutes of easy running.

WEEK 7

MONDAY

REST

TUESDAY

30 minutes of easy running.

WEDNESDAY

REST

THURSDAY

30 min run (20 min at a steady pace in the middle. Easy pace for the rest of the run) FRIDAY

REST

SATURDAY

25 minutes of easy running.

SUNDAY

40 minutes of easy running.

WEEK 8

MONDAY REST TUESDAY

30 minutes of easy running.

WEDNESDAY

REST

THURSDAY

6 x (2.5 min run alternating each between your current 5K & 10K pace, with a 2 min walk/jog between to recover) FRIDAY

REST

30 minutes of easy running.

SATURDAY

SUNDAY

50 minutes of easy running.

WEEK 9

MONDAY

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REST

TUESDAY

30 minutes of easy running.

WEDNESDAY

REST

THURSDAY

10 min easy jog, 8 min at your 10K goal pace, followed by 4 min at your 5K pace. FRIDAY

REST

SATURDAY

30 minutes of easy running.

SUNDAY

60 minutes of easy running.

WFFK 10

MONDAY

REST

TUESDAY

40 minutes of easy running.

WEDNESDAY

REST

THURSDAY

30 min of steady running then 5 min hard controlled running. FRIDAY

REST

SATURDAY

30 minutes of easy running.

SUNDAY

50 minutes of easy running.



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MONDAY

REST 30 minutes of easy

running.

TUESDAY WEDNESDAY

REST

THURSDAY

3 x (6 min at current half marathon pace, with a 2 min walk/ jog between to recover) FRIDAY

REST

SATURDAY

30 minutes of easy running.

SUNDAY

45 minutes of easy running.

WEEK 12

MONDAY	TUESDAY
REST	35 minutes of easy

WEDNESDAY REST

20 minutes of easy running.

THURSDAY

FRIDAY

REST

10 minutes of easy running.

SATURDAY

SUNDAY

EVENT DAY GOOD LUCK!