

Introductory 10k 16 Week Training Plan

Event day: **Sunday 2 October 2016**

Website: greatscottishrun.com

WEEK 1						
MON	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY
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
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
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
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
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
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
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
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.	
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.	
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.	
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.	
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.	
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.	
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.	
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!	