# 10K Introductory 16 Week Training Plan

**Event Date:** 31 May 2020

## Week 1

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<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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- Mix up periods of running & walking for 10 minutes.
- Rest

## Week 2

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- Mix up periods of running & walking for 10 minutes.
- 10 minutes of easy running.
- Rest

## Week 3

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- 15 minutes of easy running.
- Rest

## Week 4

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- 15 minutes of easy running.
- Rest

## Week 5

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- 20 minutes of easy running.
- Rest

## Week 6

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- 15 minutes of easy running.
- Rest

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Visit GreatRun.org/Training for free tips and advice on nutrition, staying injury free and much more.
## WEEK 7

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | ---
REST | 15 minutes of easy running. | REST | REST | 15 minutes of easy running. | REST | 25 minutes of easy running.

## WEEK 8

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | ---
REST | 15 minutes of easy running. | REST | 20 minutes of easy running. | REST | 10 minutes of easy running. | 20 minutes of easy running.

## WEEK 9

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | ---
REST | 15 minutes of easy running. | REST | 20 minutes of easy running. | REST | 10 minutes of easy running. | 15 minutes of easy running.

## WEEK 10

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | ---
REST | 15 minutes of easy running. | REST | 20 minutes of easy running. | REST | 10 minutes of easy running. | 25 minutes of easy running.

## WEEK 11

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | ---
REST | 15 minutes of easy running. | REST | 15 minutes of steady running. | REST | 10 minutes of easy running. | 30 minutes of easy running.

## WEEK 12

**MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | ---
REST | 20 minutes of easy running. | REST | 20 minutes of steady running. | REST | 15 minutes of easy running. | 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

**SATURDAY**
- 10 minutes of easy running.

**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!