

8 WEEK TRAINING PLAN

EVENT DATE: SUNDAY 6 MAY 2018
GREATRUN.ORG/BIRMINGHAM10K

WEEK 1

MON	TUE	WED	THU	FRI	SAT	SUN
REST	1 minute of easy running followed by 1 minute of easy walking, repeated 6 times.	REST	REST	20 minutes of brisk walking	REST	1 minute of easy running followed by 1 minute of easy walking, for a total distance of 1 mile.

WEEK 2

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 8 times.	REST	1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 1 and a half miles.

WEEK 3

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	1 minute of easy running followed by 1 minute of easy walking, repeated 12 times.	REST	1 and a half minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 2 miles.

WEEK 4

MON	TUE	WED	THU	FRI	SAT	SUN
REST	20 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 5 times	REST	2 minutes of easy running followed by 1 and a half minutes of easy walking, for a total distance of 2 and a half miles.

WEEK 5

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 and a half miles.

RUN, WALK 10K

8 WEEK TRAINING PLAN

EVENT DATE: SUNDAY 6 MAY 2018
GREATRUN.ORG/BIRMINGHAM10K

WEEK 6

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 3 and a half miles.

WEEK 7

MON	TUE	WED	THU	FRI	SAT	SUN
REST	25 minutes of brisk walking.	REST	REST	3 minutes of easy running followed by 2 minutes of easy walking, repeated 6 times	REST	2 minutes of easy running followed by 1 minute of easy walking, for a total distance of 4 miles.

WEEK 8

MON	TUE	WED	THU	FRI	SAT	SUN
REST	30 minutes of brisk walking.	REST	REST	10 minutes of easy walking. Then 3 minutes of easy running followed by 1 minute of easy walking, repeated 4 times.	REST	EVENT DAY GOOD LUCK!

UNIVERSITY OF
BIRMINGHAM

