



# Harewood 10K

## 12-Week Training Plan for Beginners

| WC     | MONDAY                          | TUESDAY                                       | WEDNESDAY  | THURSDAY   | FRIDAY | SATURDAY  | SUNDAY   |
|--------|---------------------------------|---|--|--|--------|---|--|
| week 1 | Rest, Yoga or Pilates + Stretch | 45 mins Cross-Training or Gym Class + Stretch | REST   | 40 mins Steady run + Stretch   | REST   | 45 mins Bike ride + Stretch                           | 45 mins Long run - Easy effort + Stretch                               |
| week 2 | Rest, Yoga or Pilates + Stretch | 45 mins Cross-Training or Gym Class + Stretch | REST   | 40 mins Steady run + Stretch   | REST   | 45 mins Bike ride + Stretch                           | 45 mins Long run - Easy effort + Stretch                               |
| week 3 | Rest, Yoga or Pilates + Stretch | 40 mins Steady run + Stretch                  | 45 mins Cross-Training or Gym Class + Stretch  | 10 mins warm-up, 4 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST   | 45 mins Bike ride + Stretch                           | 60 mins Long run - Easy effort + off-road if possible + Stretch        |
| week 4 | Rest, Yoga or Pilates + Stretch | REST  | 10 mins warm-up, 4 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | 45 mins Cross-Training or Gym Class + Stretch  | REST   | 30 mins Steady run (undulating if possible) + Stretch | 60 mins Long run - Easy/Steady effort + off-road if possible + Stretch |

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| <b>week 5</b>  | Rest, Yoga or Pilates + Stretch | REST   | 10 mins warm-up, 4 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | 45 mins Cross-Training or Gym Class + Stretch | REST   | 30 mins Steady run (undulating if possible) + Stretch | 75 mins Long run - Easy effort + Stretch                               |
| <b>week 6</b>  | Rest, Yoga or Pilates + Stretch | 10 mins warm-up, 4 x 4 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST   | 45 mins Cross-Training or Gym Class + Stretch | REST   | 45 mins Bike ride + Stretch                           | 75 mins Long run - Easy/Steady effort + off-road if possible + Stretch |
| <b>week 7</b>  | Rest, Yoga or Pilates + Stretch | 10 mins warm-up, 4 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST   | 40 mins Steady run + Stretch                  | REST   | 5k Park Run   | 45 mins Long run - Easy effort + Stretch                               |
| <b>week 8</b>  | REST                            | 45 mins Cross-Training or Gym Class + Stretch  | 10 mins warm-up, 4 x 5 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST  | 45 mins undulating run - push the effort on the hills + Stretch  | 45 mins Bike ride + Stretch                           | 90 mins Long run - Easy/Steady effort + off-road if possible + Stretch |
| <b>week 9</b>  | REST                            | 10 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | 45 mins Cross-Training or Gym Class + Stretch  | REST  | 10 mins warm-up, 5 x 3 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | 45 mins Cross-Training + Stretch                      | 90 mins Long run - Easy/Steady effort + off-road if possible + Stretch |
| <b>week 10</b> | Rest, Yoga or Pilates + Stretch | 10 mins warm-up, 3 x 8 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST   | 35 mins Easy run + Stretch                    | REST   | 5k Park Run   | 60 mins Long run - Easy/Steady effort + off-road if possible + Stretch |

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| week 11 | Rest, Yoga or Pilates + Stretch | 45 mins Cross-Training or Gym Class + Stretch  | 10 mins warm-up, 4 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST                       | 45 mins Steady run + Stretch | REST                       | 45 mins Long run - Easy effort + Stretch |
|         | REST                            | 10 mins warm-up, 3 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool-down + Stretch | REST   | 25 mins Easy run + Stretch | REST                         | 15 mins Easy run + Stretch | <b>Harewood 10K</b>                      |
| week 12 |                                 |  |  |                            |                              |                            |  |