

Training Plan, 10 Mile (10-week plan)

10-week plan for the Bradford 10 miler

3 training sessions per week

This is suitable for someone who can easily run 10km without stopping and has regularly trained, till recently, for a total of 120 minutes a week.

Week 01 – w/c 10 August

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 15 min. fast 10 min. cool-down	Long Slow Distance speed Tempo run (at your aerobic threshold) Aerobic endurance
Wednesday		
Thursday	40 min. gentle endurance run	Aerobic endurance
Friday		
Saturday		
Sunday	60 min. long run	Long Slow Distance speed
TOTAL	135 minutes	

Week 02 – w/c 17 August

Day	Training	Description of the intensity
Monday		
Tuesday	25 min. jog	Recovery run
Wednesday		
Thursday	30 min. gentle endurance run	Aerobic endurance
Friday		
Saturday		
Sunday	45 min. gentle endurance run	Long Slow Distance speed
TOTAL	100 minutes	

Week 03 – w/c 24 August

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 2 x 8 min. fast, recoveries 3 min. jog 10 min. cool-down	Long Slow Distance speed Tempo run (at your aerobic threshold) Aerobic endurance
Wednesday		
Thursday	40 min. gentle endurance run	Aerobic endurance
Friday		
Saturday		
Sunday	50 min. long run	Long Slow Distance speed
TOTAL	129 minutes	

Week 04 – w/c 31 August

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 2 x 10 min. fast, recoveries 3 min. jog 10 min. cool-down	Long Slow Distance speed Tempo run (at your aerobic threshold) Aerobic endurance
Wednesday		
Thursday	40 min. gentle endurance run	Aerobic endurance
Friday		
Saturday		
Sunday	60 min. long run	Long Slow Distance speed
TOTAL	143 minutes	

Week 05 – w/c 7 September

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 3 x 8 min. fast, recoveries 3 min. jog 10 min. cool-down	Long Slow Distance speed Tempo run (at your aerobic threshold) Aerobic endurance
Wednesday		
Thursday	40 min. endurance run with, after 10 minutes warm-up 4 sets of sprints of about 10 sec., followed by 1 min. jogging	Aerobic endurance
Friday		
Saturday		
Sunday	70 min. long run	Long Slow Distance speed
TOTAL	160 minutes	

Week 06 – w/c 14 September

Day	Training	Description of the intensity
Monday		
Tuesday	30 min. jog	Recovery run
Wednesday		
Thursday	40 min. long run	Long Slow Distance speed
Friday		
Saturday		
Sunday	45 min. long run	Long Slow Distance speed
TOTAL	115 minutes	

Week 07 – w/c 21 September

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 4 x 6 min. fast, recoveries 3 min. jog 10 min. cool-down	Long Slow Distance speed Tempo run (at your aerobic threshold) Aerobic endurance
Wednesday		
Thursday	40 min. endurance run with, after 10 minutes warm-up 6 sets of sprints of about 10 sec., followed by 1 min. jogging	Aerobic endurance
Friday		
Saturday		
Sunday	60 min. long run	Long Slow Distance speed
TOTAL	153 minutes	

Week 08 – w/c 28 September

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 5 x 4 min. fast, recoveries 3 min. jog 10 min. cool-down	Long Slow Distance speed Intervals at target race-pace Aerobic endurance
Wednesday		
Thursday	40 min. endurance run with, after 10 minutes warm-up 8 sets of sprints of about 10 sec., followed by 1 min. jogging	Aerobic endurance
Friday		
Saturday		
Sunday	75 min. long run	Long Slow Distance speed
TOTAL	167 minutes	

Week 09 – w/c 5 October

Day	Training	Description of the intensity
Monday		
Tuesday	10 min. warm-up 6 x 4 min. fast, recoveries 3 min. jog 10 min. cool-down	Long Slow Distance speed Intervals at target race-pace Aerobic endurance
Wednesday		
Thursday	45 min. endurance run with, after 10 minutes warm-up 10 sets of sprints of about 10 sec., followed by 1 min. jogging	Aerobic endurance
Friday		
Saturday		
Sunday	90 min. long run	Long Slow Distance speed
TOTAL	194 minutes	

Week 10 – Taper week – w/c 12 October

Day	Training	Description of the intensity
Monday		
Tuesday	30 min. jog	Recovery run
Wednesday		
Thursday	40 min. long run	Long Slow Distance speed
Friday		
Saturday	30 min. jog	Recovery run
Sunday	10 Mile Race	