



CHELTENHAM CHALLENGE 10 week - 10K TRAINING PLAN FOR BEGINNERS/LIMITED EXPERIENCE

EASY: As it says, just an easy pace you feel you can keep going at. Should be able to talk so drag a friend along – even if they are on a bike!

FASTER: A quicker pace, feels slightly uncomfortable – but you know you can still complete the run. Should not be able to talk at this pace.

STEADY RUNNING: This is a pace that is relaxed but not slow, in which the runner should only feel slightly tired towards the end.

ALTERNATIVE TRAINING: Another form of exercise such as cycling or swimming. Anything that gives the joints a rest from the impact of running!

EXAMPLE: 10 x 2mins faster with 1 min walk/jog recovery = 2 minutes of faster, then 1 minute recovering at walk/jog pace. Repeat 10 times.

Total of 30mins.

WEEK NUMBER	DAY 1 Eg: Monday	DAY 2 Eg: Tuesday	DAY 3 Eg: Wednesday	DAY 4 Eg: Thursday	DAY 5 Eg: Friday	DAY 6 Eg: Saturday	DAY 7 Eg: Sunday
1	First steps Easy 10-20 mins run/walk	Rest or some form of alternative training	12-20mins Easy Don't be shy of mixing walking & steady running	REST	10mins easy 5mins slightly faster. Then 10mins easy	REST	Alternative training or a steady short run
2	Relaxed 20-30mins of running/walking	REST	Alternative training	30-35mins of alternative training	REST	10mins Easy 15mins slightly faster. Then 10mins easy	REST
3	15mins Easy 10mins faster Then 15mins easy	Alternative training	10mins Easy 3 lots of 5mins faster with 1min walk/jog recovery Then 10mins Easy	REST	30mins of steady running	REST	15mins Easy 5 x 2mins faster with 1 min jog recovery. Then 15mins Easy
4	Very relaxed 30- 35mins of alternative training	REST	10mins Easy 12-15mins Faster Then 10mins Easy	REST or alternative training	20mins Easy 3 x 4mins Faster with 2mins jog recovery. Then 10mins Easy	REST	5mins Easy 3 x 5 mins Faster with 2mins jog/walk recovery. Then 10mins Easy
5	Very relaxed 30- 35mins of running/jogging	REST or alternative training	10mins Easy 4 x 5mins Faster with 2mins jog recovery. Then 5- 10mins Easy	REST	30mins Easy	REST	10mins Easy 2 x 7-8mins Faster with 4mins jog recovery. Then 10mins Easy

6	20-30mins Easy	REST or alternative training	10mins Easy 5 x 2mins Faster with 1min jog recovery. Then 4mins Easy. Then repeat the 5 x 2mins Faster with 1min jog recovery	REST	REST or alternative training	REST	10mins Easy 5-6 x 3mins Faster with 2 min jog recovery. Then 10mins Easy
7	REST	30-40mins of steady running	10mins Easy 5 x 5mins Faster with 2mins jog recovery. Then 5-8mins Easy	REST	10mins Easy 10mins Faster Then 10mins Easy	REST	40-50mins of steady alternative training
8	10mins Easy 10 x 1min Faster with 1min walk/jog recovery. Then 10mins easy	REST	10mins Easy 15mins Faster Then 10mins Easy	REST	10mins Easy 10 x 2mins Faster with 1min jog/walk recovery. Then 5mins easy	REST	10mins Easy 10mins Faster Then 10mins Easy
9	45-60mins of steady alternative training	REST	10mins Easy 2 x 10mins Faster with 3mins jog recovery. Then 5mins Easy	REST	10mins Easy 6-8 x 3mins Faster with 90sec jog recovery. Then 5mins Easy	REST	10mins Easy 5 x 5mins Faster with 90sec recovery. Then 10mins Easy
10	Easy 30-35mins of alternative training	REST	15mins Easy 5 x 1mins slightly faster with 1min jog recovery	REST	20mins Easy	REST	CHELT CHALLENGE 10K RACE DAY