

10 MILE TRAINING PROGRAMME

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Long run	90 mins easy	1hr 45 mins easy	2hrs easy or Cumbrian Half-marathon	90 mins to include 30 mins @ half-marathon pace	2 hrs to include 30 mins @ half- marathon pace	2 hrs to include 45 mins @ half- marathon pace	90 mins to include 1 hr @ half- marathon pace	1 hour	
Threshold	10 mins wu 4 x 5 mins @threshold pace with 5 mins recovery 5 mins cd	10 mins wu 4 x 5 mins @threshold pace with 5 mins recovery 5 mins cd	10 mins wu 3 x 10 mins @threshold pace with 5 mins recovery 5 mins cd	10 mins wu 2 x 15 mins @threshold pace with 10 mins recovery 5 mins cd	10 mins wu 2 x 20 mins @threshold pace with 5 mins recovery 5 mins cd	10 mins wu 30 mins threshold 10 mins cd	10 mins wu 40 mins threshold 10 mins cd	10 mins wu 40 mins threshold 10 mins cd	
Track (Speed/speed endurance)	3(4 x 300ms) 100m jog + 3min recoveries	3(3 x 800ms) 200ms jog + 3 min recoveries	3 (3 x 400ms) 90secs + 3min recoveries	4(2 x 1K) 200m jog + 3 min recoveries	3(4 x 400m) 90secs and 3 min recoveries	5(2 x 1K) 200ms jog + 3min recoveries	2(6 x 400ms) 90secs + 3min recoveries	3(4 x 300m) 100m jog + 3 min recoveries	
Steady/easy recovery runs (as you feel) EITHER	60 mins or club run	60 mins or club run	60 mins or club run	60 mins or club run	60 mins or club run	60 mins or club run	60 mins or club run	60 mins or club run	
2 x RDs + Steady run OR	45 mins	45 mins	50 mins	50 mins	55 mins	55 mins	60 mins	40 mins	
1 x RD + 2 x steady/easy run	2 x 30 mins	2 x 30 mins	1 x 40 mins 1 x 30 mins	1 x 40 mins 1 x 30 mins	2 x 40mins	2 x 40 mins	2 x 45 mins	2 x 30 mins	RACE