

Run Your First 10 Mile

WEEK 3 TRAINING PLAN



By 'Runuary' Coach Irene Clark

Requires a significant base level fitness (assumes you can currently run 10k).

Mileage: 20-25 per week (3 weekdays plus weekends)

A guide to the terms in this plan

- **Easy Run:** A gentle jog slightly above walking pace.
- **Slow Run:** Conversational pace.
- **Steady Run:** Comfortable purposeful pace.
- **Race Pace:** Comfortably hard. Approximately 80% effort.

- **Fast Run:** 90% effort.
- **Fartlek:** An easy run with fast bursts. Pick a marker and go! Streetlights or telephone poles have been the key fartlek resource of runners for years!

Warm up with a 5-10 minutes slow jog and always cool down. You can add in some stretching and mobility work too.



WEEK 3 - 10 MILE CHALLENGE TRAINING PLAN



Starting week
of January 17th

DAY 1	DAY 2	DAY 3	DAY 4
15 mins - warm up 10 mins - fartlek (30 secs easy followed by 30 secs fast) 10 mins - cool down	6 miles - easy	25 mins - easy 25 mins - steady	8 miles



Tips for your first 10 mile on race day - 31 January

At the end of your 4-week training plan, you'll be ready for your 10 mile run



Submit your time on January 31st on the portal - it will be emailed to you on Friday January 28th



Please note the portal for submitting your time will open from 9am on January 31st. A link to this portal will be emailed to you.



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