



Wimborne 10 mile training plan – your last 5 weeks

Work out how many days you can run each week

3 runs choose Tuesday, Thursday and Saturday

4 runs choose Tuesday, Thursday, Saturday and Sunday

5 runs chose Monday, Tuesday, Thursday, Saturday and Sunday

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
Rest or 5 miles easy	6 miles split up 2 miles easy, 1 mile fast, 1 mile easy, 1 mile fast, 1 mile easy	Rest	WAC Club Session	Rest	7 miles or 70 minutes (whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
Rest or 5 miles easy	1 ¼ miles warm up 4 x 1 mile or 8 mins at a pace that you can hold for 1 hr with a 1 ½ min jog in between each one, 1 ¼ miles cool down	Rest	WAC Club Session	Rest	8 miles or 80 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3	Sunday 4
Rest or 5 miles easy	6 miles split up 2 miles steady, 1 mile easy, 2 miles fast, 1 mile easy	Rest	WAC Club Session	Rest	8 miles or 80 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
Rest or 5 miles easy	1 ¼ miles warm up 4 x 1 mile or 8 mins at a pace that you can hold for 1 hr with a 1 ½ min jog in between each one, 1 ¼ miles cool down	Rest	WAC Club Session	Rest	10 miles or 1 hr 40 mins easy (Whichever comes first)	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between

If you always do what you have always done, you will always get what you have always got.

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
Rest	6 miles split up 2 miles easy 1 mile at 10 mile race pace 2 miles easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between	Rest	WAC Club Session Easy 6 miles or 60 mins whichever comes first	Rest	Rest or 2/3 miles easy shake out run	Wimborne 10 Race Day!
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
Rest or very easy 3 to 4 mile recovery run or 30/40 mins whichever comes first	If racing on Sunday at Boscombe and you ran Wimborne 10 please do, 5 miles easy or 50 mins easy whichever comes first. + 6 x 50 mtrs very fast but relaxed with a slow walk back recovery in between. If you didn't race on Sunday please do 6 to 8 x 3 mins at a pace that you can hold for 1hr (No faster) with 1 ½ mins jog recovery.	Rest	WAC Session	Rest	10 miles or 1 hr 40 mins easy (Whichever comes first) or 2/3 miles easy shake out run if racing on Sunday	Rest or 3 miles very easy + 6 x 50 metres very fast but relaxed with a slow walk back recovery in between or Boscombe 10K

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	(jog on for 45 secs then turn around and jog back 45 secs)					
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