



## 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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	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	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	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.**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 5	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!
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	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	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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		(No faster) with 1 ½ mins jog recovery.  (jog on for 45 secs then turn around and jog back 45 secs)					
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