

Mike Trees Beginners Guide to 10k Running

Tuesdays, Fridays and Sundays are rest days throughout the programme.

| | Monday | Wednesday | Thursday | Saturday |
|---------------------------|----------------------------|--|--------------------------|---|
| | Easy Day | Speed/race pace | Easy Day | Long |
| Week 1 Base 1.1 | Jog 2 miles, walk 1 mile | Jog 1 mile 4x400m As: run 200m, walk 200m, jog 1 mile | Jog 2 miles, walk 1 mile | Jog/walk 3 miles (aim 2 miles jog/1 mile walk) |
| Week 2 Base 1.2 | Jog 2.5 miles, walk 1 mile | Jog 1 mile 6x400m as: run 200m, walk 200m Jog 1 mile | Jog 2 miles, walk 1 mile | Jog/walk 4 miles (aim 3 miles jog/1 mile walk) |
| Week 3 Base 1.3 | Jog 1 mile, walk 1 mile | Jog 1 mile, 8x400m as: run 200m, walk 200m Jog 1 mile | Jog 3 miles, walk 1 mile | Jog 4 miles, walk 2 miles |
| Week 4 Easy week | Jog 1.5 mile, walk 1 mile | Jog 3 miles | Rest | Jog 3 miles |
| Distance phase | | | | |
| Week 5 Distance 2.1 | Jog 3 miles | Jog 1 mile 4x400m as: run 400m, walk 200m Jog 1 mile | Jog 2 miles, walk 1 mile | Jog 5 miles, walk 1 mile |
| Week 6 Distance 2.2 | Jog 3 miles | Jog 1 mile 6x400m as: run 400m, walk 200m Jog 1 mile | Jog 3 miles | Jog 6 miles |
| Week 7 Distance 2.3 | Jog 3 miles | Jog 1 mile 8x400m as: run 400m, walk 200m Jog 1 mile | Jog 3 miles | Over Distance: Jog 7 miles |
| Week 8 Easy week | Jog 2 miles | Jog 3 miles | Rest | Jog 4 miles |
| Speed phase | | | | |
| Week 9 Speed 3.1 | Jog 3 miles | STRIDES Jog 1 mile, stride 6x75m, Jog 1 mile | Jog 3 miles | RACE PACE Jog 1 mile, Race pace for 2 miles, Jog 1 mile |
| Week 10 Speed 3.2 | Jog 3 miles | STRIDES Jog 1 mile, stride 6x75m, Jog 1 mile | Jog 3 miles | RACE PACE Jog 1 mile, Race pace for 3 miles, Jog 1 mile |
| Week 11 Speed 3.3 | Jog 3 miles | STRIDES Jog 1 mile, stride 6x75m, Jog 1 mile | Jog 3 miles | RACE PACE Jog 1 mile, race pace for 4 miles, Jog 1 mile |
| Taper week | | | | |
| Week 12 Taper | Jog 2 miles | STRIDES Jog 1 mile stride 6x50m Jog 1 mile | Jog 1.5 miles | Jog 4 miles |

For more training programmes, advice and tips on running, visit www.miketrees.com