

12 week plan to run 10 miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	HJ or 4 mile run	Exercises	Track or 2 miles	Rest	Park run	2 miles
2	Rest	HJ or 4 mile run	Exercises	Track or 2 miles	Rest	Park run	3 miles
3	Rest	HJ or 4 mile run	Exercises	Track or 3 miles	Rest	Park run	4 miles
4	Rest	HJ or 4 mile run	Exercises	Track or 3 miles	Rest	Park run	3 miles
5	Rest	HJ or 4 mile run	Exercises	Easy 3 miles	Rest	Park run	5 miles
6	Rest	HJ or 4 mile run	Exercises	Easy 4 miles	Rest	Park run	6 miles
7	Rest	HJ or 4 mile run	Exercises	Easy 4 miles	Rest	Park run	7 miles
8	Rest	HJ or 4 mile run	Exercises	Track or 2miles	Rest	Park run	5 miles
9	Rest	HJ or 4 mile run	Exercises	Easy 4 miles	Rest	Park run	8 miles
10	Rest	HJ or 4 mile run	Exercises	Easy 4 miles	Rest	Park run	9 miles
11	Rest	HJ or 4 mile run	Exercises	Easy 3 miles	Rest	Park run	6 miles
12	Rest	HJ or 4 mile run	stretching	Easy 2 miles	Rest	Rest	**Race day **

The days can be altered depending on what you are up to. The idea is to do strengthening exercises at least once a week this could be swimming or some strength and conditioning exercises. You should have 2 rest days to let your body recover.

There is a gentle build-up of the mileage. Do all your runs at a gentle pace to prepare your body for the longer distance.

Conversion chart if you prefer KM.

2 miles	3.2 km		5 miles	8.0 km		8 miles	12.9 km
3 miles	4.8 km		6 miles	9.6 km		9 miles	14.5 km
4 miles	6.4 km		7 miles	11.3 km		10 miles	16.0 km