

**Ten week plan for the 20k Great East Run** – aimed at beginners / improvers who can run 3 or 4 miles continuously at a steady pace.

There are four sessions per week – ideally 2 weekday runs and 2 weekend runs but they can be rearranged to fit in with your weekly plans. The longest run on Sundays gradually builds up throughout the ten weeks.

If you can't fit in all the runs then take an extra rest day but try to always do the long and the efforts session.

Week beginning Monday 14/12/09

Session	Date	Day	
1	15/12/09	Tuesday	3 miles steady pace
2	17/12/09	Thursday	Effort session 1 – Warm up by jogging for 5 minutes. Run fast for 1 minute and then jog for 4 minutes, repeat this twice more so that you have completed three 1 minute efforts, warm down by jogging 5 minutes.
3	19/12/09	Saturday	2 miles easy run
4	20/12/09	Sunday	Long run 5 miles at a steady pace

Week beginning Monday 21/12/09

Session	Date	Day	
1	22/12/09	Tuesday	3 miles steady pace
2	24/12/09	Thursday	Effort session 2 – Warm up by jogging for 5 minutes. Run fast for 1 minute then jog for 3 minutes, do this 5 times. Warm down by jogging for 5 minutes
3	26/12/09	Saturday	3 miles easy run
4	27/12/09	Sunday	Long run 6 miles at a steady pace

Week beginning Monday 28/12/09

Session	Date	Day	
1	29/12/09	Tuesday	4 miles steady pace
2	31/12/09	Thursday	Easy jog to save your energy for the festivities
3	02/01/10	Saturday	3 miles easy run
4	03/01/10	Sunday	Long run 7 miles at a steady pace

Week beginning Monday 04/01/10

Session	Date	Day	
1	05/01/10	Tuesday	4 miles steady pace
2	07/01/10	Thursday	Efforts session 3 – Warm up by jogging for 5 minutes. Run fast for 2 minutes then jog for 3 minutes, do this 3 times. Warm down by jogging for 5 minutes.
3	09/01/10	Saturday	4 miles easy run
4	10/01/10	Sunday	Long run 8 miles at a steady pace

Week beginning Monday 11/01/10 – Easier week to recover

Session	Date	Day	
1	12/01/10	Tuesday	3 miles steady pace
2	14/01/10	Thursday	Warm up by jogging for 5 minutes. Find a flat even place where you can run 50 metres fast and walk back, do this 6 times. Warm down by jogging for 5 minutes.
3	16/01/10	Saturday	2 miles easy run
4	17/01/10	Sunday	Long run 6 miles at a steady pace

Week beginning Monday 18/01/10 – building up again

Session	Date	Day	
1	19/01/10	Tuesday	4 miles steady pace
2	21/01/10	Thursday	Effort session 4 – Warm up by jogging for 5 minutes. Run fast for 1 minute then jog for 2 minutes, do this 6 times. Warm down by jogging for 5 minutes
3	23/01/10	Saturday	3 miles easy run
4	24/01/10	Sunday	Long run 9 miles at a steady pace

Week beginning Monday 25/01/10

Session	Date	Day	
1	26/01/10	Tuesday	5 miles steady pace
2	28/01/10	Thursday	Effort session 5 – Warm up by jogging for 5 minutes. Run fast for 2 minutes then jog for 3 minutes, do this 4 times. Warm down by jogging for 5 minutes.
3	30/01/10	Saturday	3 miles easy run
4	31/01/10	Sunday	Long run 10 miles at a steady pace

Week beginning Monday 01/02/10

Session	Date	Day	
1	02/02/10	Tuesday	6 miles steady pace
2	04/02/10	Thursday	Effort session 6 – Warm up by jogging for 5 minutes. Run fast for 3 minutes then jog for 3 minutes, do this 3 times. Warm down by jogging for 5 minutes.
3	06/02/10	Saturday	3 miles easy run
4	07/02/10	Sunday	Long run 12 at a steady pace

Week beginning Monday 08/02/10

Session	Date	Day	
1	09/02/10	Tuesday	4 miles steady
2	11/02/10	Thursday	Effort session 7 – Warm up by jogging for 5 minutes. Run fast for 1 minute then jog for 1 minute, do this 10 times. Warm down by jogging for 5 minutes.
3	13/02/10	Saturday	Tempo run – Warm up for 5 minutes then run slightly faster than your normal steady pace for 15-20 minutes. Warm down by jogging for 5 minutes.
4	14/02/10	Sunday	6-8 miles easy run

Week beginning Monday 15/02/10– Race week – tapering off

Session	Date	Day	
1	16/02/10	Tuesday	4 miles steady run
2	18/02/10	Thursday	3 miles easy run
3	20/02/10	Saturday	Easy 15-20 min jog with some stretching
4	21/02/10	Sunday	Race day