

# Great Cumbrian

## SUN 4 OCTOBER Run



## 12 week Training Plan for Beginners

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Week 1 13/7	30 min walk / run	Rest	20 min walk / run	Rest	20 min walk / run	Rest	Rest
Week 2 20/7	35 min walk / run	Rest	20 min walk / run	Rest	25 min walk / run	Rest	Rest
Week 3 27/7	40 min walk / run	Rest	30 min walk / run	Rest	30 min walk / run	Rest	Rest
Week 4 3/8	45 min walk / run	Rest	20 min steady pace run	Rest	25 min steady pace run	Rest	Rest
Week 5 10/8	50 min walk / run	Rest	25 min steady pace run	Rest	30 min steady pace run	Rest	Rest
Week 6 17/8	60 min walk / run	Rest	30 min steady pace run	Rest	35 min steady pace run	Rest	Rest
Week 7 24/8	70 min walk / run	Rest	30 min faster pace run	Rest	40 min steady pace run	Rest	Rest
Week 8 31/8	80 min walk / run	Rest	30 min faster pace run	Rest	45 min steady pace run	Rest	Rest
Week 9 7/9	90 min walk / run	Rest	30 min faster pace run	Rest	50 min steady pace run	Rest	Rest
Week 10 14/9	100min walk / run	Rest	35 min faster pace run	Rest	55 min steady pace run	Rest	Rest
Week 11 21/9	60 min walk / run	Rest	35 min faster pace run	Rest	40 min steady pace run	Rest	Rest
Week 12 28/9	50 min walk / run	Rest	20 min steady pace run	Rest	15 min steady pace run	Rest	Event Day!!!