

Great Cumbrian Run

12 week Training Plan for Beginners

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