

TOP 10K TIPS

- 1 Build up your running slowly and steadily. Increasing distance by no more than 15% per week.
- 2 Get into a routine, training will be much easier. Writing your training schedule into a diary or calendar and try to stick to it as much as possible.
- 3 As you begin to progress through a programme first work on increasing duration, before lifting pace.
- 4 Don't attempt to run through an illness or injury, you may end up sidelined for weeks or even months. Seek medical advice.
- 5 When possible supplement by x-training with other activities e.g. swimming, cycling, hill walking etc.
- 6 Don't train when you feel tired or lethargic. Listen to your body. Maybe it's time for a rest, a decent meal or a good night's sleep. Let your body recharge its batteries.
- 7 Always try to eat something within 30 minutes of running, to refuel the muscles with carbohydrate.
- 8 Don't run in old worn out shoes. It will increase the risk of injury. Seek guidance for correct type and fitting.
- 9 In the last 10 days before a 10k event, decrease the amount of running to allow the body to recover.
- 10 ENJOY your training; if possible try to run in different places and with someone else to help keep you motivated.

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What's **your** goal?

HOW TO RUN A 10k

training programme

Includes a guide for complete novices, beginners and intermediates

we're with you
every step...



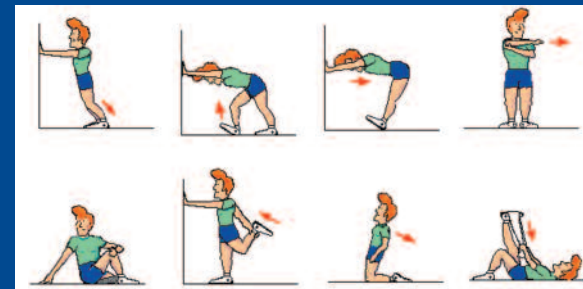
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The Run 4 It programmes are designed as a guide to provide motivation, advice and support when training. Before embarking upon any of the programmes or when taking up exercise after a period of inactivity we recommend that you first contact your GP.

The programmes detailed have been designed to give basic guidelines to the format of training and should be adapted based upon individual experience, fitness level and ability.

5 GOOD REASONS WHY YOU SHOULD RUN

1. Running is the most efficient way to increase your cardio-vascular fitness: Following a running programme will improve your cardio vascular fitness (stamina) within a relatively short period of time, strengthening your heart and lungs.
2. Running is a great way to reduce stress: A good run assists in eliminating the stress of a busy day at work and helps focus the mind.
3. Running makes you feel good: It helps the body release endorphins, the natural brain chemicals that make you feel good, as well as the self satisfaction of knowing you are improving your fitness, body shape and controlling your weight.
4. Running is Inexpensive & Accessible to all: Compared to lots of other sports, a good pair of shoes and some appropriate clothing is all that is required to go for a run. You can run anywhere with popular city routes, breathtaking country routes and treadmills all as options.
5. Running is for Everyone: Regardless of age, provided an appropriate training program is followed, running is for all. You can do what you want, when you want, at your own pace.



THE TRAINING PROGRAMME

Ideally, to train for a 10K event you should allow a minimum of 8 weeks preparation (more for complete novices) and be able to devote at least three sessions a week to training. For any exercise session the following format should always be used:

1. **WARM UP:** This should consist of a minimum of 5 minutes walking or light jogging to loosen the muscles and help prevent injury.
2. **EXERCISE SESSION:** See appropriate programme.
3. **COOL DOWN:** This should consist of a minimum of 5 minutes walking or jogging in which the pace is gradually decreased, followed by 5-10 minutes of stretching. Stretches should be focused, but not limited to the muscles of the legs.

BEGINNER RUNNERS PROGRAMME

For those with little or no running experience aiming to just get around their first 10K.

WK	PROGRAMME	REPETITIONS	DAYS
1	RUN 1 MIN, WALK 2 MIN	REPEAT 8 TIMES	3 DAYS
2	RUN 2 MIN, WALK 2 MIN	REPEAT 6 TIMES	3 DAYS
3	RUN 3 MIN, WALK 2 MIN	REPEAT 4 TIMES	3 DAYS
4	RUN 5 MIN, WALK 2 MIN	REPEAT 4 TIMES	3 DAYS
5	RUN 6 MIN, WALK 1.5 MIN	REPEAT 4 TIMES	3 DAYS
6	RUN 8 MIN, WALK 1.5 MIN	REPEAT 3 TIMES	3 DAYS
7	RUN 10 MIN, WALK 1.5 MIN	REPEAT 3 TIMES	3 DAYS
8	RUN 12 MIN, WALK 1 MIN	REPEAT 3 TIMES	3 DAYS
9	RUN 15 MIN, WALK 1 MIN	REPEAT 3 TIMES	3 DAYS
10	RUN 15 MIN, WALK 1 MIN	REPEAT 3 TIMES	3 DAYS

Don't worry if you need more walking breaks, it is important that you don't try to do too much too soon. All running should be done at an easy conversational pace, and walking at a brisk pace. The event can then be carried out as a combination of walking and running.

NOVICE RUNNERS PROGRAMME

For those with basic running ability, perhaps following a programme, for the 1st time.

WK	DAY 2	DAY 3	DAY 4	DAY 6	DAY 7
1	2.5M RUN	X-TRAIN	2M RUN	X-TRAIN	3M RUN
2	2.5M RUN	X-TRAIN	2M RUN	X-TRAIN	3.5M RUN
3	2.5M RUN	X-TRAIN	2M RUN	X-TRAIN	4M RUN
4	3M RUN	X-TRAIN	2M RUN	X-TRAIN	4M RUN
5	3M RUN	X-TRAIN	2M RUN	X-TRAIN	5M RUN
6	3M RUN	X-TRAIN	2M RUN	X-TRAIN	6M RUN
7	3M RUN	X-TRAIN	2M RUN	X-TRAIN	6M RUN
8	3M RUN	X-TRAIN	2M RUN	X-TRAIN	10K RUN

From the beginning of the program the run sessions can be run with walk breaks, don't push too hard too soon. Days 1 and 5 are rest days, these are as important as training days, giving the muscles time to recover. X-Training is optional, but will make training and the event easier, as you become fitter.

INTERMEDIATE RUNNERS PROGRAMME

For those intermediate runners aiming for an improvement of their 10K time, or a specific 10K goal.

WK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 6	DAY 7
1	3 MILES	3 MILES	35m TEMPO	3 MILES	X-TRAIN	4 MILES
2	3 MILES	3.5 MILES	8x400M	4 MILES	X-TRAIN	5 MILES
3	3 MILES	4 MILES	40m TEMPO	3 MILES	X-TRAIN	6 MILES
4	3 MILES	4.5 MILES	9x400M	4 MILES	REST	5K RACE
5	3 MILES	5 MILES	45m TEMPO	3 MILES	X-TRAIN	6 MILES
6	3 MILES	5.5 MILES	10x400M	4 MILES	X-TRAIN	7 MILES
7	3 MILES	6 MILES	50m TEMPO	4 MILES	X-TRAIN	8 MILES
8	3 MILES	3 MILES	5x400M	3 MILES	X-TRAIN	10K RACE

The runs on 3 days per week are designed to be done at an easy, conversational pace. Day 5 is a rest day, be realistic about fatigue and take more days off when you feel the need. Tempo Runs are a fast paced run building up to NEAR 10K pace in the middle and then 10 minutes easy at the end. Interval training is where you alternate fast paced running with jogging or walking to recover. Run 400 meter reps at 5K race pace, these can be done on the track, treadmill or in the park. X-Training is optional but will make training and the event easier, as you become fitter.



Visit www.run4it.com for up to date information on all running events as well as our series of lectures and clinics in your area



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