

**kick
start**
Supporting you to do your 30 a day



www.bactivederby.com/kickstart

A beginner's guide to training for a 10K race

About the programme

This programme aims to guide you through 12 weeks' training to complete your first 10k race comfortably. It is not designed to increase your speed or to prepare you to run a fast race. Before you start the training programme, you should be able to run continuously for 20 minutes. If you have never run before, you should start with the beginner's running programme.

When you are running you should be able to maintain a conversation, talking in complete sentences. If you are too out of breath to do this, decrease the pace you are running at. If you run too quickly, you may be unable to finish the training session.

Rest is an essential part to any running programme. Your fitness and strength do not improve whilst you are running. The improvements are made while your body is recovering during rest periods. On rest days, you can choose to take part in other activities or take a day of complete rest from exercise.

You will need to pre-plan and measure your routes to ensure that you are running the correct distance each time.

Warming up and cooling down

Before each session you should walk briskly or jog for five to 10 minutes to warm up your muscles, raise your heart rate and get your body ready for exercise.

At the end of each session you should walk briskly or jog, gradually slowing down for 5 to 10 minutes to help your body to cool down gently and your heart beat to slow down. This should be followed by stretches to help your recovery, prevent injury and soreness the next day.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run 1 mile	Rest	Run 1 mile	Rest	Run 1.5 miles	Rest	Run 1.5 miles
Week 2	Rest	Run 2 mile	Rest	Run 3 miles	Rest	Run 3 miles	Rest
Week 3	Run 3.25 miles	Rest	Run 3.5 miles	Rest	Run 2 miles	Rest	Run 3.5 miles
Week 4	Rest	Run 2 miles	Rest	Run 3.75 miles	Rest	Run 3.75 miles, Rest	Rest
Week 5	Run 2 miles	Rest	Run 3.5 miles	Rest	Run 4 miles	Rest	Run 3.75 miles
Week 6	Rest	Run 2 miles	Rest	Run 4.5 miles	Rest	Run 2 miles	Rest
Week 8	Run 4.5 miles	Rest	Run 4.75 miles	Rest	Run 3 miles	Rest	Run 3 miles
Week 9	Rest	Run 2 miles	Rest	Run 5 miles	Rest	Run 5 miles	Rest
Week 10	Run 3 miles	Rest	Run 3 miles	Rest	Run 2 miles	Rest	Run 5.5 miles
Week 11	Run 3 miles	Rest	Run 5 miles	Rest	Run 3 miles	Rest	Run 2 miles
Week 12	Rest	Rest	Run 6 miles	Rest	Run 1 mile	Rest	Race Day! Run 10k

The 10k is approx 6.2 miles