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*Vitality* London  
10,000



# 10 WEEKS TO 10K GET-YOU-ROUND PLAN

MONDAY 25 MAY 2020

# GETTING ROUND YOUR FIRST 10K



**Our 10 Weeks To 10K Get-you-round Plan is the perfect place to start if you're new to running or looking to target your first 10K event.**

By committing to three simple sessions per week, for 10 weeks, you'll build your mileage, as well as your confidence, as you get in shape to run 10K (which is just 12,500 steps!)

Check out the advice below on how to use the plan before you start. We've also included some simple training advice to incorporate into your routine as you prepare for the event. From how to find time to run, to fixing your form and figuring out some mental strength strategies, we've got you covered.

## **How to use the plan**

This schedule is for you if you're stepping up to a 10K event like the Vitality London 10,000 for the first time. You'll do three runs a week and start your programme by building up a mixture of walking and running, before gradually adding more running. You'll develop an understanding of different running speeds and increase your stamina enough to complete the 10K distance as the weeks progress.

## **Paced/power walking**

Paced or power walking is walking quickly to get fitter. It isn't heading out for a casual stroll, but equally it's not race walking at top speed; it means walking at a brisk pace and getting into a smooth rhythm. However, if you've never run a step before – and are uncertain that you can – kick off with a gentle walking programme before starting a running plan like this one.

## **Walk/run**

This is a combination of paced walking interspersed with light jogging. The amount of time you spend walking and jogging can and should vary. As you get fitter, you'll spend more time jogging and less time walking. Landmarks such as lampposts,

street corners, road junctions and trees make excellent targets to jog to, or walk between.

## **Easy runs**

These are slow runs or jogs. During an easy run you should feel relaxed. You should be breathing comfortably and be capable of holding a conversation throughout the run. If you can't, you're going too fast – slow down and walk if necessary. An easy run should feel comfortable and is a natural progression from your walk/jog/walk introduction.

Many of your first runs as you build and progress through this beginner's programme will be easy runs. However, as you improve, your easy runs will start to feel easier and you'll want to include other types of running in your sessions.

## **Steady runs**

During a steady run, conversation is still possible but it's certainly harder to keep it flowing. You should feel in control: a steady run should feel manageable but require some work and concentration. You might only be able to manage short periods to begin with but, as your fitness builds, your ability to run for longer at a steady pace will improve.

Good luck with your plan and don't forget to let us know how you get on via social media [@london10k](#)

## **Get in touch**



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# 10 WEEKS TO 10K

## GET-YOU-ROUND PLAN

	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10
MONDAY	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST
TUESDAY	Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins (Total: 22 mins)	Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/run 8 mins, walk 5 mins (Total: 28 mins)	Walk 5 mins, walk/run 20 mins easy, walk 5 mins (Total: 30 mins)	Run 30 mins easy (Total: 30 mins)	Run 30 mins easy (Total: 30 mins)	Run 35 mins easy (Total: 35 mins)	Run 35 mins easy (Total: 35 mins)	Run 40 mins easy (Total: 40 mins)	Run 20 mins easy (Total: 20 mins)	Run 30 mins easy (Total: 30 mins)
WEDNESDAY	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST
THURSDAY	Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins (Total: 29 mins)	Walk/run 10 mins, walk 2 mins, walk/run 10 mins, walk 2 mins (Total: 24 mins)	Run 5 mins easy, (run for 1 min steady, walk 2 mins to recover) repeat 5 times, run 5 mins easy (Total: 25 mins)	Run 5 mins easy, (run 2 mins steady, walk/jog recovery 2 mins) repeat 5 times, run 5 mins easy (Total: 30 mins)	Run 5 mins easy, (run 3 mins steady, walk/jog recovery 2 mins) repeat 5 times, run 5 mins easy (Total: 35 mins)	Run 10 mins easy, (run 4 mins steady, walk/jog 1 min) repeat 5 times, run 10 mins easy (Total: 45 mins)	Run 10 mins easy, (run 5 mins steady, walk/jog 30 secs) repeat 6 times, run 10 mins easy (Total: 53 mins)	Run 10 mins easy, (run 6 mins steady, walk/jog 30 secs) repeat 6 times, run 10 mins easy (Total: 59 mins)	Run 10 mins easy, (run 10 mins steady, run 2 mins easy) repeat 3 times, run 10 mins easy (Total: 56 mins)	REST
FRIDAY	REST	REST	REST	REST	REST	REST	REST	REST	REST	Run 20 mins easy (Total: 20 mins)
SATURDAY	Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins (Total: 30 mins)	Walk 5 mins, walk/run (easy and continuously) 20 mins, walk 5 mins (Total: 30 mins)	Walk/run 30 mins easy (Total: 30 mins)	Run 40 mins easy (Total: 40 mins)	Run 25 mins easy, walk 3 mins, walk/run 25 mins continuously (Total: 53 mins)	Run 30 mins easy, walk/run 30 mins continuously (Total: 60 mins)	Run 40 mins continuously, walk/run 30 mins (Total: 70 mins)	Run 70 mins continuously – it's OK to include short walk breaks! (Total: 70 mins)	Run 50 mins easy (Total: 50 mins)	REST
SUNDAY	REST	REST	REST	REST	REST	REST	REST	REST	REST	Light jog 10-15 minutes – take it easy before Race Day! (Total: 10-15 mins)

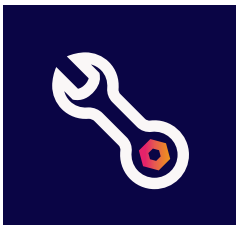
10K Race Day. Good luck! You can do it.



# ESSENTIAL TRAINING TIPS TO TRY TODAY



As you tackle the **10 Weeks To 10K Get-you-round Plan**, try to incorporate some of this simple advice as you build up to the big day.



## Fix your form

You have your own running style, which is unique to you, but there are a few simple ways to fine-tune the way that you run so you feel more comfortable and in control.

One technique you can try is to run tall. You can do this by moving your shoulder blades closer together and maintaining an upright posture when running – imagine a piece of string with one end tied around your forehead and the other to a balloon floating above your head; each time your posture begins to falter, the balloon pulls you back up. Doing this will encourage your lower body to follow suit and adopt fine form of its own.

Fatigue can cause you to hunch over, but when your posture goes the rest of your technique goes with it, so resist the urge to slouch. A strong core certainly helps here, so aim to incorporate at least one core-strengthening workout into your weekly routine – you'll find some simple exercises to try on the Vitality London 10,000 website.

Visit [vitalitylondon10000.co.uk](https://vitalitylondon10000.co.uk) for more **forming-fixing tips**.



## Strengthen your body (and your resilience)

If you want to improve as a runner, you're going to need to do more than just run. Strength training reduces your risk of injury while improving speed, endurance and efficiency.

It can also build mental, as well as physical, resilience: just as personal bests and longer distances breed confidence, lifting more weight, completing more repetitions, and making it through particularly challenging strength sessions will massively boost your self-belief. When you make improvements in the gym (or wherever you strength train) you'll clearly see that you're becoming stronger, which will help you take a positive approach to upcoming running events.

Visit [vitalitylondon10000.co.uk](https://vitalitylondon10000.co.uk) for more **strength training tips**.



## Train your brain

In any race – and on quite a few training runs! – your mind will tell you to slow down or stop running long before your body is at its limit. That's because your brain wants to preserve as much energy as possible – by telling you that you're tired, it is preventing you from running yourself to exhaustion.

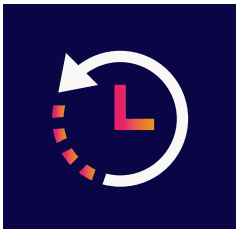
But the reality is that most of us never come close to our physical limits, especially in a shorter distance event like a 10K. By developing mental strategies you can overcome the voice of self-doubt and push beyond the barriers your brain imposes.

If you're preparing for your first 10K, even if you've covered the distance in training (and you should cover the distance in training!), the thought of running 6.2 miles may well be intimidating – that's perfectly normal.

To make it seem more achievable, try treating the 10K event as two parkruns, or even three times two miles (with a little bit on the end). You still have to run the full distance, of course, but the act of reaching each milestone – whether it's the first parkrun distance or the first two-miler – will give you a

psychological boost and make the remaining distance seem more manageable.

Visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk) for more **mental strategies to help you tackle the 10K.**



#### **Run smarter**

If you're struggling to find the time to do the programme, there are some simple life hacks you can try to fit running into a busy schedule. Combining socialising with running is one of the most effective ways to do

this. All you need are some likeminded friends and a willingness to put exercise over going for dinner and drinks. That may sound like madness to begin with, but you'll soon find there's no better way to chew the fat than on a run. More importantly, you're guaranteed to feel great afterwards, which can't always be said of going to the pub...

Visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk) for more **time-saving tips.**



#### **Fast food**

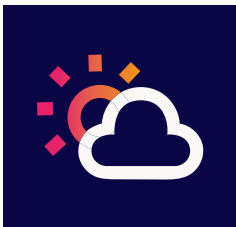
While the need to carb-load isn't as great for a 10K as it is for longer distances, it's still a good idea to prioritise carbohydrates – as well as low-fibre vegetables and certain run-boosting vitamins – the day before

your event. This is because carbohydrates increase glycogen, which is a primary energy source for most of us.

That said, there's no need to go overboard the day before the Vitality London 10,000. To avoid waking up feeling bloated and heavy, aim to eat three meals that provide a mixture of carbs, good-quality protein and nutrient-packed veg – examples of foods to include are pasta, bread, sweet potatoes, porridge, salmon, grapefruit, beetroot and dark chocolate.

Visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk) to find out more on the **10 foods to eat before Race Day.**

## **On Race Day**



#### **How to have a stress-free 10K**

While some nerves are to be expected, there are some simple ways you can set yourself up for a stress-free event.

Start by setting a realistic goal. Sure, if you want to improve as a runner, a certain amount of ambition is required. It's important, however, that your ambition is grounded in reality.

If you set yourself a 10K target that's five minutes quicker than your personal best, you're going to have to do something very special during the event.

Rather than having a specific time in mind – which sets you up for either success or failure – aim for a strong, evenly paced run. This is particularly applicable if it's your first ever 10K, in which case the goal should be completion over competition.

Visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk) for more tips on a **stress-free Race Day.**



#### **Pacing your first 10K**

While 5Ks can be run with a comparatively gung-ho attitude, doubling the distance requires a more disciplined approach – here's one way to get the pacing right for your first 10K...

Start steady! A conservative beginning is crucial to 10K success, because whether you're on your feet for 40 minutes or 70, you've got a lot of running ahead of you. If you're aiming for a set time, you don't want to start too slowly and leave yourself with too much to do at the back-end of the race. Aim for your target splits (or ever-so-slightly slower) for the opening two miles, then pick up the pace gradually. A 'negative split' – running the second half of the course more quickly than the first – is the holy grail of racing.

Visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk) for more tips on **pacing your first 10K.**



#### **Plan your post-run routine**

After you have completed the Vitality London 10,000, you're going to want to do little other than sit down and celebrate, so sort out the essentials ahead of time to ensure you're able to relax as much as possible.

Few runners want to start cool-down exercises at the end of a tough event, but your legs will thank you for it when you wake up in the morning. Performing a simple routine that you've planned in advance, rather than doing a few half-hearted quad stretches, will help flush out lactic acid in your muscles and allow your heart rate to come down gradually – preventing dizziness and nausea. A proper cool-down also has psychological benefits: it gives you time to reflect on the run, what went right, what went wrong, and how you found the event in general.

An effective cool-down routine should include a couple of minutes of very gentle jogging, followed by a few minutes of running, then 15 to 20 minutes of full-body stretching. Hold each stretch for 20 to 30 seconds, making sure you're stretching rather than pulling the muscles (it shouldn't hurt!).

Visit [vitalitylondon10000.co.uk](https://www.vitalitylondon10000.co.uk) for more **tips on a post-run routine.**