

Training Schedule Notes

Warm up and cool down

You should walk or jog slowly for at least 5 minutes and stretch after each session to prevent muscle stiffness and reduce risk of injury

How to run

Speed isn't important - you should run at your own pace. As a guide you should be able to hold a conversation while jogging - if you are too breathless to talk slow down

Where to run

To avoid boredom try to vary your routes and running surfaces as much as possible

What to wear

Anything comfortable with a good pair of running shoes, ask for advice at your local running or sports shop

When not to exercise

Don't exercise if you feel unwell - it is better to miss a few days training than to risk illness or injury - also don't run immediately after eating, allow at least 2 hours for food to digest

Please consult your doctor before exercising if you are a heavy smoker, receiving medication, pregnant, clinically obese, or haven't exercised for many years

Raising funds for

The Beatson Pebble Appeal

Helping to build the Glasgow Centre for Cancer Research

For additional training or health and exercise advice visit:

www.glasgow.ac.uk/sport

click on health & fitness - exercise advice

www.glasgow.ac.uk/sport • email sport@gla.ac.uk

telephone 0141 330 4540



University of Glasgow | Sport & Recreation

10K

Beginners Training Programme



www.glasgow.ac.uk/sport

The University of Glasgow, charity number SC004401

Beginners guide to training for a 10k event

It doesn't matter if you've never run before, as long as you build up gradually and learn to work at your own pace - it is important to take at least 5 minutes to warm up at the beginning of your session, and also to stretch at the end of your session

Here you will find a 10 week programme that will gradually build you up to running 10k... even if you've never run before

Don't begin exercising at too high a level - start slowly and allow your body to adapt to the exercise

Always allow recovery time between periods of exercise

Remember, when starting with exercise, it is important to work at your own level

Rate of Perceived Exertion

The RPE scale helps you determine whether you are doing too much or too little of the activity to gain aerobic benefit. Ideally you should be able to describe your effort in the range of 6 to 8

0	nothing at all	
1	very very light/no problem	
2	very light/very easy	
3	fairly light/easy	
4	moderate/beginning to feel a bit puffed	
5*	fairly hard/feeling a bit puffed	
6*	hard/feeling puffed	
7	very hard	
8	very very hard/very tiring	
9	exhausted/out of breath - shattered	
10	maximal/exhausted	

* = ideal effort

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Jog 2 min & walk 2 min (x 4)	Rest	Jog 2 min & walk 2 min (x 4)	Rest	Jog 3 min & walk 2 min (x 4)	Rest	Brisk 10 - 15 min walk
Week 2	Jog 3 min & walk 2 min (x 5)	Rest	Jog 3 min & walk 2 min (x 5)	Rest	Jog 4 min & walk 2 min (x 4)	Rest	Brisk 15 min walk
Week 3	Jog 5 min & walk 2 min (x 4)	Rest	Jog 5 min & walk 2 min (x 4)	Rest	Jog 7 min & walk 2 min (x 3)	Rest	Brisk 20 min walk
Week 4	Jog 10 min & walk 2 min (x 2)	Rest	Jog 10 min & walk 2 min (x 2)	Rest	Jog 20 min	Rest	Brisk 25 min walk
Week 5	Jog 20 min	Rest	Jog 22 min	Rest	Jog 24 min	Rest	25 - 30 min alternate walk/jog
Week 6	Jog 25 min	Jog 10 min	Jog 25 min	Rest	Jog 30 min	Rest	35 - 40 min alternate walk/jog
Week 7	Jog 20 min	Jog 15 min	Jog 30 min	Rest	Jog 30 min	Rest	40 - 45 min alternate walk/jog
Week 8	Jog 20 min	Jog 20 min	Jog 30 min	Rest	Jog 30 min	Rest	45 - 50 min alternate walk/jog
Week 9	Jog 20 min	Jog 15 min	Jog 40 min	Rest	Jog 10 min	Rest	45 min jog
Week 10	Jog 10 min	Jog 20 min	Jog 25 min	Rest	Jog 10 min	Rest	First 10k