

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



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10K

Intermediate Training Programme

www.glasgow.ac.uk/sport

The University of Glasgow, charity number SC004401

Intermediate 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

Key: Jog: easy pace - should be able to hold a conversation
 Run: faster pace with longer strides
 Jog/Run: jog for 5 mins then run for 1 min (try to extend the length of the runs and decrease the length of the jogs as you progress)

Interval - 1:2 work : recovery ratio eg. 1 minute at near maximal effort followed by 2 minutes active recovery (walking, light jogging)

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	10 min jog	Rest	15 min jog	Rest	15 min jog	Rest	10 min jog/run
Week 2	12 min jog	Rest	17 min jog/run	Rest	17 min jog	Rest	15 min jog/run
Week 3	15 min jog/run	Rest	20 min jog/run	Rest	20 min jog/run	Rest	20 min jog/run
Week 4	20 min jog/run	Rest	22 min jog/run	Rest	22 min jog/run	Rest	20 min run
Week 5	20 min interval	Rest	15 min jog/run	Rest	20 min jog/run	Rest	25 min run
Week 6	20 min interval	Rest	20 min jog/run	Rest	20 min jog/run	Rest	30 min run
Week 7	25 min interval	Rest	20 min jog/run	Rest	25 min jog/run	Rest	35 min run
Week 8	25 min interval	Rest	25 min interval	Rest	30 min run	Rest	40 min run
Week 9	30 min interval	Rest	25 min interval	Rest	35 min jog	Rest	45 min run
Week 10	30 min interval	Rest	20 min interval	Rest	15 min jog	Rest	First 10k