**Standalone 10km Beginner 8 week training plan**

Entered Standalone but not really done much running before? This plan will get you ready for the big day☺

Depending on your general health and previous medical history you may need to consult your doctor before you start exercising.

If you find that you are in pain when you are running you should stop and rest so that you do not make the injury any worse. Do not run through pain.

Top tips:

* Stay hydrated and try and run when it is cooler, first thing in the morning or in the evening if possible.
* Make sure your running shoes are the right size. You should be able to put your thumb sideways between the end of your big toe and the end of your shoe.
* Build up your distance gradually to avoid the increased possibility of injury by doing too much too soon.
* Take rest days to allow your muscles to recover and repair.
* Cross train – swimming in the outdoor pool is a treat at the moment and other activities such as cycling, pilates, gym work etc are all beneficial to running a 10km if planned in to the schedule and you build up slowly. Too much may result in injury or illness☹
* Stretch, foam roll, have a sports massage but look after your muscles and keep them in good condition.
* Include a longer run each week. This could be run as an ‘out and back’, that is for a 40 minute run, run out for 20mins and then just turn round and run back. Enjoy!

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1  13th August | Rest | 5 mins brisk walk – 20 mins easy running which could be run for 3 mins, walk for 2 mins x 4. Brisk 5mins walk to cool down & stretch. | Rest | 5 mins brisk walk –run for 2 mins, walk for 1 min x 6. Brisk 5 mins walk to cool down & stretch. | Rest | Rest | Longer run: 30 mins– try not to walk if possible. |
| Week 2  20th August | Rest | 5 mins brisk walk – 25 mins easy running which could be run for 4 mins, walk for 1 min x 5. Brisk 5 mins walk to cool down & stretch. | Rest | 5 mins brisk walk –run for 2 mins, walk for 1 min x 8. Brisk 5 mins walk to cool down & stretch. | Rest | Rest | Longer run: 30 mins |
| Week 3  27th August | Rest | 30 mins easy running which could be run for 7 mins, walk for 3 mins x 3.Brisk 5 mins walk to cool down and stretch. | Rest | 5 mins brisk walk –run for 2 mins, walk for 1 min x 10. Brisk 5 mins walk to cool down & stretch. | Rest | Want to try a 5km? NHRR’s 1st Saturday of the Month 5km - 9am Norton Common | Longer run: 35 mins or rest if completed 5km yesterday |
| Week 4  3rd September | Rest | 25 mins easy running. Brisk 5mins walk to cool down and stretch. | Rest | 20 mins easy running. Brisk 5 mins walk to cool down & stretch. | Rest | Rest | Longer run:  25 mins |
| Week 6  10th September | Rest | 30 mins easy running which could be run for 9 mins walk for 1 min x 3.Brisk 5 mins walk to cool down and stretch. | Rest | 5 mins brisk walk –run for 3 mins, walk for 1 min x 8. Brisk 5 mins walk to cool down & stretch. | Rest | Rest | Longer run:  40 mins |
| Week 8  17th September | Rest | 35 mins easy running which could be run for 10 mins, walk for 2 mins x 3 (36 mins!). Brisk 5mins walk to cool down and stretch. | Rest | 5 mins brisk walk –20 mins easy running. Brisk 5 mins walk to cool down & stretch. | Rest | Rest | Longer run:  60 mins |
| Week 9  24th September | Rest | 30 mins easy running. Brisk 5mins walk to cool down and stretch. | Rest | 5 mins brisk walk –run for 5 mins, walk for 1 min x 4. Brisk 5 mins walk to cool down & stretch. | Rest | Rest | Longer run: 30 mins |
| Week 10  1st October | Rest | 20 mins easy running. Easier 5mins to cool down & then stretch. | Rest | 5 mins warm up – easy running for 15 minutes. 5 minutes cool down & then stretch. | Rest | Rest | Standalone 10km ☺ |