



# ***rgActive***

***Event Specific Training Programmes***

14 Week

**BEGINNER 10KM TRAINING PLAN**

The NSPCC has teamed up with RG Active to be the charity's official training partner for running and challenge events. Putting together plans and providing tips and advice to make sure your training goes to plan and you stay injury free.

Please find below a 14 week beginner 10km run training plan to help you prepare for your event.

If you have any questions about your training or need some advice on nutrition or injuries, please drop the team a line at [training@nspcc.org.uk](mailto:training@nspcc.org.uk)

This training plan is a simple to follow guide for people that have been doing little to no exercise.

The sessions slowly build in duration over the 14 week period allowing your body to adapt gradually to the demands of running and to build your endurance.

Allowing your body to gradually adapt to your new goal is important as you will reduce the chance of injury and hopefully help to make your 10km goal seem manageable and achievable as you get used to the new routine.

### Strength training

The training plan also incorporates strength sessions as part of the program, strength for running isn't about building big bulky muscles just simply strengthening and toning them for the work required.

Strength sessions are an important part of training as they can help to avoid injury by building strength in the required muscles, help to maintain good running form and can help to increase speed and mileage. You don't need to be a gym member to do strength exercises, there are a lot of exercises that require no equipment simply your own body weight and can be done from the comfort of your own home.

Alternatively if you are a member of a gym and you're not a fan of all the resistance machines there are most likely a number of classes you could do that involve resistance training that would be suitable as your strength session.

### Run-Walking

If you are starting this training schedule having done no exercise then you may even find it's tough to run continually for 30-40 mins as scheduled on week 1. If this is you, then you may like to try run-walking to gradually build up the time you are able to continually run for, this is a very effective approach and can help make the training seem less daunting.

Here's an idea of how to build this up...

- Week 1: Run 15 mins followed by 2 mins walk – repeat for the specified time in the plan
- Week 2: Run 18 mins, Walk 2 mins, repeat for duration of run
- Week 3: Run 25 mins, Walk 2 mins, repeat for duration of run
- Week 4: Gauge your progress could you run continually for the duration? Keep aiming to increase time running and reducing time walking

**NB:** With run-walking to see the best results it's really important to be strict with yourself on the timing, don't let the walk phase slip longer than specified!

### Missed a session?

From time to time your busy lives may get in the way of the training schedule, sometimes this is unavoidable, don't feel guilty! In this situation don't try and make up the session you've missed, simply pick up your schedule as normal the following day. Be sure to keep your rest days as well, they are in there for a reason, to let your muscles recover.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Rest	Run 30 mins RPE 6-7	Rest	Run 30 mins RPE 6-7	Rest	Rest	Run 40 mins RPE 6-7
Week 2	Rest	Run 30 mins RPE 6-7	Rest	Run 35 mins RPE 6-7	Strength training 30-40 mins	Rest	Run 45 mins RPE 6-7
Week 3	Rest	Run 35 mins RPE 6-7	Strength training 30-40 mins	Run 35 mins RPE 6-7	Strength training 30-40 mins	Rest	Run 50 mins RPE 6-7
Week 4	Rest	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 40 mins RPE 6-7	Strength training 30-40 mins	Rest	Run 50 mins RPE 6-7
Week 5	Rest	Run 35 mins RPE 6-7	Strength training 30-40 mins	Run 40 mins RPE 6-7	Strength training 30-40 mins	Rest	Run 45 mins RPE 6-7
Week 6	Rest	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 45 mins RPE 6-7	Strength training or alternative 30-40 mins	Run 30 mins RPE 6-7	Run 50 mins RPE 6-7
Week 7	Rest	Run 45 mins RPE 6-7	Strength training 30-40 mins	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 30 mins RPE 6-7	Run 60 mins RPE 6-7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 8</b>	Rest	Run 45 mins RPE 6-7	Strength training 30-40 mins	Run 45 mins RPE 6-7	Strength training or alternative 30-40 mins	Run 30 mins RPE 6-7	Run 10km (approx.. 6.2miles)
<b>Week 9</b>	Rest	Run 45 mins RPE 6-7	Strength training 30-40 mins	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 30 mins RPE 6-7	Run 50 mins RPE 6-7
<b>Week 10</b>	Rest	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 35 mins RPE 6-7	Strength training or alternative 30-40 mins	Run 30 mins RPE 6-7	Run 60 mins RPE 6-7
<b>Week 11</b>	Rest	Run 45 mins RPE 6-7	Strength training 30-40 mins	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 30 mins RPE 6-7	Run 65 mins RPE 6-7
<b>Week 12</b>	Rest	Run 45 mins RPE 6-7	Strength training 30-40 mins	Run 45 mins RPE 6-7	Strength training 30-40 mins	Run 30 mins RPE 6-7	Run 60 mins RPE 6-7
<b>Week 13</b>	Rest	Run 40 mins RPE 6-7	Strength training 30-40 mins	Run 45 mins RPE 6-7	Strength training or alternative 30-40 mins	Run 30 mins RPE 6-7	Run 50 mins RPE 6-7
<b>Week 14</b>	Rest	Run 35 mins RPE 6-7	Rest	Run 30 mins RPE 6-7	Optional session Run 30 mins RPE 6-7	Rest	RACE DAY!

Please refer to the following page for additional notes on the above plan

## Rate of Perceived Exertion

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE	DESCRIPTION
0	Complete rest
1	<b>Very Weak:</b> I am just about moving
2	<b>Weak:</b> I am walking at a faster pace and can hold a conversation easily
3	<b>Light:</b> I am beginning to sweat a little, but can hold conversation throughout
4	<b>Moderate:</b> I am very happy at this effort
5	<b>Somewhat Strong:</b> I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	<b>Strong:</b> I am beginning to feel more out of breath but could maintain this pace for a few hours
7	<b>Very Strong:</b> My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	<b>Hard:</b> I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	<b>Very Hard:</b> This is hurting and I can only hold this effort for up to 5mins
10	<b>Extremely Hard:</b> I am absolutely flat out and this is sprinting. I will need to stop after 30secs

## Further training plan notes

**Warm Up and Cool Down** - To warm up walk steadily for 5 minutes prior to both the running and strength sessions to gradually warm up your muscles, do the same for cool down and this will gradually bring your heart rate and temperature back to normal. Alternatively you could do 5 mins on a stationary/gym bike.

**Stretching** – Be sure to stretch well after each run as soon as you've finished while your muscles are still warm, this is beneficial for injury prevention.

**Strength training** – For the strength training like with the running you want to build up the quantity over time, for example depending on your ability

- Week 1 – No strength sessions get used to routine
- Week 2 – 5-10 reps twice through of each exercise – Introduce one session this week
- Week 3 – 8-12 reps twice through of each exercise
- Week 4 – 8-12 reps twice through of each exercise
- Week 5 – 5-10 reps three times through of each exercise
- Week 6 – 5-10 reps three times through of each exercise
- Week 7 – 5-10 reps three times through of each exercise
- Week 8 – 8-12 reps three times through of each exercise
- Week 9 – 8-12 reps three times through of each exercise
- Week 10 – 8-12 reps three times through of each exercise
- Week 11 – 10-15 reps three times through of each exercise
- Week 12 – 10-15 reps three times through of each exercise
- Week 13 – 10-15 reps three times through of each exercise
- Week 14 – no strength work the week of your race, just maintain your running.

The following exercise suggestions focus on legs and core (abdominal) muscles:

Lunges, Walking Lunges, Squats, Single Leg Squats, Calf raises, Single Leg Calf raises, Plank, Side Plank, Bridge raises, Pointers, Back Extensions, Crunches and there are many more!

You can do these exercises with your own body weight or add on some weights if needed or gradually build up the time you are able exercises, like the plank, for.

Pick about 10 individual exercises then complete the appropriate number of repetitions 2 or 3 times through depending on where you are in the plan.

### Strength Training alternative

As an alternative to some of the strength sessions, or if you have a week where you muscles are feeling particularly tired and sore, you may like to swap out a strength session for some cross training.

You could spend the 30 minutes spinning on a stationary/gym bike or go for an easy swim – this can be a very effective way of loosening up tight muscles as well as adding something different to the training to keep things interesting.