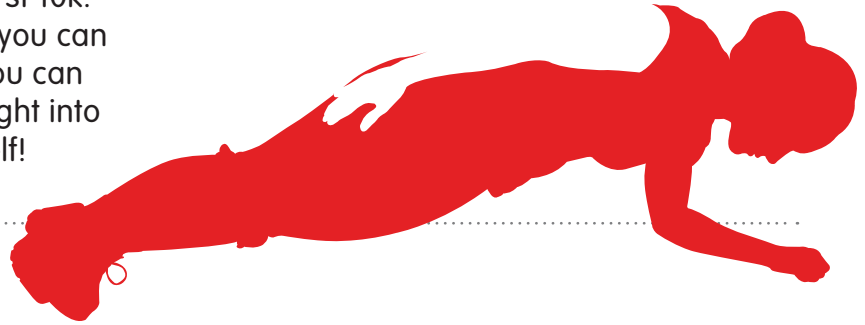


Powerade 10K training plan



Congratulations on taking on a 10k! It's a challenging distance, so this plan is designed to take you from complete beginner to your first 10k. However, if you already feel confident that you can run for 15 minutes without stopping then you can skip the base training weeks and hop straight into the main plan. Good luck and enjoy yourself!



Getting started

The following tips will get you off on the right foot. Remember, always consult your doctor before embarking upon any new exercise routine:

- 1 Run easy** - It's important to start off at a gentle pace at which you can hold a conversation. This may only be a little faster than a walk for some, but as you gain in fitness and your endurance improves so will your speed.
- 2 Footwear** - Running puts strain through your joints so it's important to protect them by wearing a good pair of trainers. If your trainers have seen better days it might be time for a new pair. A good running shop will be able to advise you on the best pair of trainers to suit your running style to reduce the risk of injury.
- 3 Apparel** - Running in the correct gear makes training more comfortable and safe. In warm weather, a technical fabric that wicks sweat away from the skin is best. In the darker winter months, choose clothing that helps you keep warm and visible. Women should wear a supportive sports bra.
- 4 Stretching** - It's important to warm up before a run and stretch down afterwards. This helps keep your muscles lean and long as well as reducing the risk of injury. A short stretching plan which keeps major muscle groups flexible is outlined later.
- 5 Resistance** - A short resistance session every week will help to strengthen major muscle groups to improve tone and help reduce the risk of injury. Details are in the main plan.
- 6 Nutrition** - It's important as you train to always make sure you're fuelled and hydrated properly. Drinking a sports drink like Powerade before, during and after your run can top up energy stores while replacing lost fluids and minerals so you get the most out of your session.

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This page takes you through what you should be doing week by week. If you print it out, you can tick off the sessions as you go so that you can really see your progress!

Base Training: Weeks 1-3

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	2 mins run, 2 mins walk. Repeat x 5	Rest	2 mins run, 2 mins walk. Repeat x 6	Rest	Resistance Circuit	Rest	2.5 mins run, 2 mins walk. Repeat x 5
Week 2	3 mins run, 2 mins walk. Repeat x 4	Rest	3 mins run, 2 mins walk. Repeat x 5	Rest	Resistance Circuit	Rest	4 mins run, 2 mins walk. Repeat x 4
Week 3	5 mins run, 2 mins walk. Repeat x 4	Rest	6 mins run, 2 mins walk. Repeat x 4	Rest	Resistance Circuit	Rest	7 mins run, 2 mins walk. Repeat x 4

The Main Plan: Weeks 4-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 4	12 mins run, 3 mins walk. Repeat x 2	Rest	14 mins run, 3 mins walk. Repeat x 2	Resistance Circuit	Rest	20 mins run	Rest
Week 5	25 mins run	Rest	20 mins run	Resistance Circuit	Rest	Intervals x 4	Rest
Week 6	30 mins run	Rest	20 mins run	Resistance Circuit	Rest	Intervals x 4	Rest

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 7	35 mins run	Rest	25 mins run	Resistance Circuit	Rest	Intervals x 4	Rest
Week 8	40 mins run	Rest	25 mins run	Resistance Circuit	Rest	Intervals x 5	Rest
Week 9	45 mins run	Rest	25 mins run	Resistance Circuit	Rest	Intervals x 5	Rest
Week 10	55 mins run	Rest	25 mins run	Resistance Circuit	Rest	Intervals x 5	Rest
Week 11	60 mins run	Rest	25 mins run	Resistance Circuit	Rest	Intervals x 5	Rest
Week 12	30 mins run	Rest	20 mins run	Rest	Rest	Rest	10k race day

Resistance Circuit

The resistance session below takes about 20 minutes. Aim to start with lowest number of reps and build up over time. Be sure to give yourself a one minute rest between exercises.

Exercise	Explanation	Sets and reps
Squats	<ul style="list-style-type: none"> Stand with shoulders hip-width apart. Keeping weight in your heels, sit your hips out behind you until your thighs are almost parallel to the ground. Push your heels into the ground and squeeze your bottom to come back to standing. 	12-15 x 3
Lunge	<ul style="list-style-type: none"> Stand tall and take a big step forward with one leg. Allow your back knee to lower towards the floor (not touching the floor), directly below your hip. Push away with your front leg to come back to standing. Make sure you keep the weight evenly distributed between your back and front legs throughout the exercise. Take a big enough step forward so that your front knee doesn't poke out over your toes, it should stay directly over your ankle. 	8-12 each side x 3
Spiderman	<ul style="list-style-type: none"> Take a push-up position, feet together, hands directly beneath shoulders and a smooth diagonal line between your shoulders, hips and ankles. Lift one foot up and place it flat on the ground to the outside of your hand. Hold this position for a second allowing your hips to drop towards the ground. Bring your foot back to starting position and repeat with the other foot. Make sure your hips don't rise up towards the sky. 	4-8 each side x 3
Kegel	<ul style="list-style-type: none"> Lie on your back with your feet flat on the ground in line with your hips. Squeeze your glutes (bottom) to lift your hips off the ground bringing you into a bridge position. Hold for a second and slowly lower back to starting position. Make sure your knees remain in line with your hips throughout the movement. 	12-15 x 3
Side Plank	<ul style="list-style-type: none"> Lie on your side, propped up by your elbow, directly below your shoulder. Hold your feet stacked on top of each other. Lift your hips off the ground to form a straight line between shoulders, hips and ankles. Hold for the desired time and then slowly lower your hips back down. 	10-35 secs each side

Intervals

An interval is a section of run completed at a faster pace. They should be completed at a slightly faster pace than you usually run, making them challenging but not incredibly uncomfortable.

An intervals x 4 session would look like this:

- 5 mins jog
- 2 mins harder running, 2 mins jog. Repeated 4 times
- 5 mins jog

Pre-run warm-up

Squats x 10, Lunges x 8 each side, Hip Flexor stretch x 10 seconds each side, circle your arms forwards, backwards and across chest.

Post-run stretch

Hold each stretch for 30 secs.

Calves: Stand in front of a wall and lean against it with your palms as you step backwards with one leg. Push your back heel into the ground and feel the stretch in your calf.

Hamstring: Place a heel up on a step. Keeping your leg straight and all the weight in your back leg, lean forward from your hips and feel the stretch in the back of your leg.

Quads: Stand tall and lift one heel up to your bottom, taking hold of it with the same hand. Keep your knees level and stomach drawn in while you pull the heel to your bottom and push your hips forward to feel the stretch down the front of your thigh.

Hip Flexor: Kneel down on one knee with one foot out in front of you. Now tuck your pelvis under to keep your back straight and lean forward through the front of the hip, keeping your torso upright, to feel the stretch.

Glutes: Sit on the ground with your legs out in front of you. Bring one foot across the other leg and place it on the ground next to the thigh. Now hug your knee and sit up tall to feel the stretch in your bottom/hips.

For greater detail and instructions on some of these exercises from Toni Minichiello, elite coach to heptathlete Jessica Ennis, watch the accompanying fitness video on www.coca-cola.co.uk/health/everyday-activities-toni-minichiello.html

