

ROAD RUNNING TEMPLATE

Getting a your first
or a PB 10km

For Beginners



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10Km Plan

WHAT YOU WILL NEED

Prepared by Rob Murray



A GOOD PAIR OF RUNNING SHOES

Things which are important

- **Comfort**
- **Robust**
- **lightweight**
- **The right type of running shoe**



A RUN TRACKING APP

Apps to Consider

- **STRAVA**
- **RUN KEEPER**
- **SPORTS TRACKER**
- **NIKE+ RUN CLUB**
- **MAP MY RUN**



BEING IN A GOOD MENTAL PLACE

Things to expect, which are all okay

- **Your'e going to have good and bad days.**
- **You will have commit to the program for it to be effective.**
- **The Recovery days are both important for mental and physical recovery**

Heart Rate Training Zone Chart



Intensity How you'll feel

100%
to
90%

You're pushing yourself to your limits and can only sustain this activity for a short duration of time. Because of excessive metabolic byproduct buildup in your muscles, you will fatigue

89%
to
80%

Breathless, with difficulty saying more than 2-4 words in a row. Your hard-working muscles will "burn" due to metabolic byproduct buildup. Additional mental focus is required.

79%
to
70%

Breathless, but able to speak a sentence of 4+ words. Muscles may "burn" slightly due to small amount of excessive metabolic byproduct buildup. You can sustain this activity for 20-60 minutes.

69%
to
60%

You're starting to feel winded, but still able to sing a song or easily recite 3-4 sentences. Muscles are warmed up and light sweating is likely.

59%
to
50%

Exercise at this level is enjoyable and light, easily maintained for upwards of 60-120 minutes without fatigue.

49%
to
0%

Completely comfortable.
This is how you normally feel when you're resting.

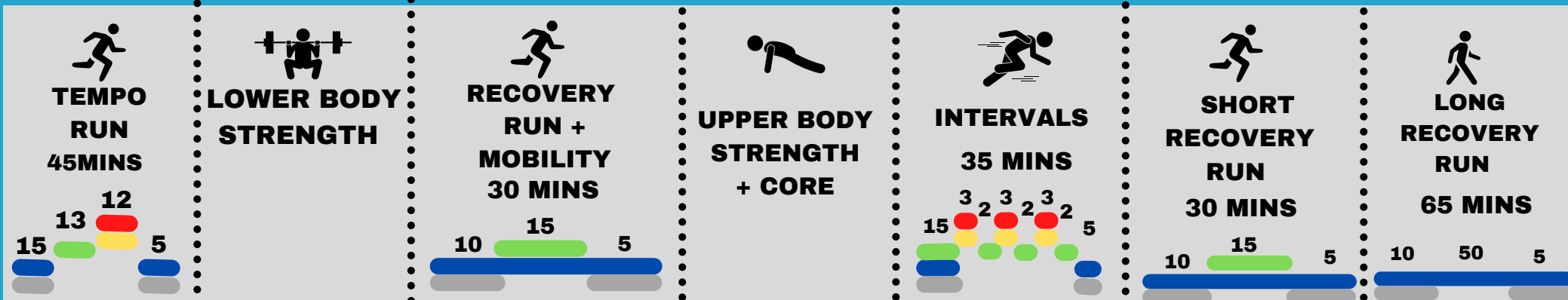
Find your Max Heart Rate:
Subtract your age from 220



	MON	TUE	WED	THU	FRI	SAT	SUN
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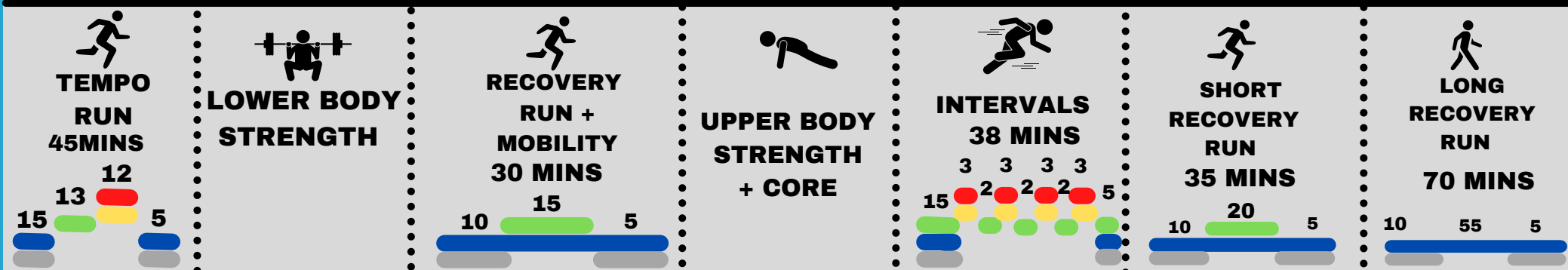
WK 1

HR zone



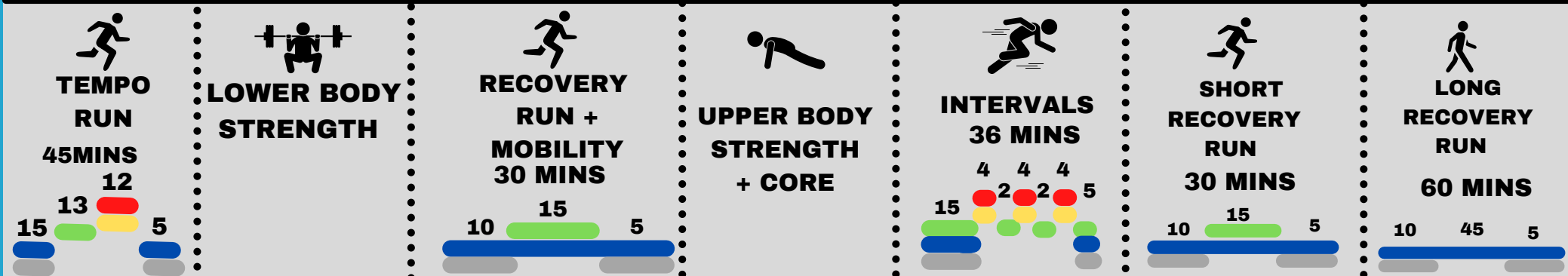
WK 2

HR zone



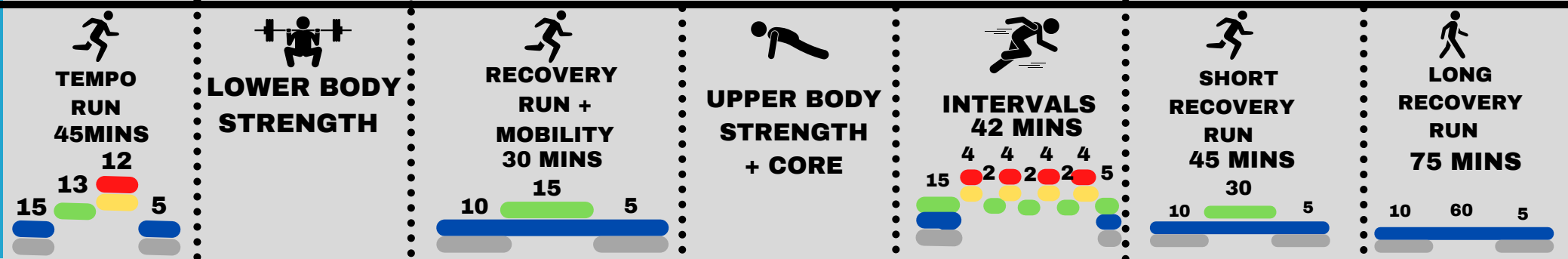
WK 3

HR zone



WK 4

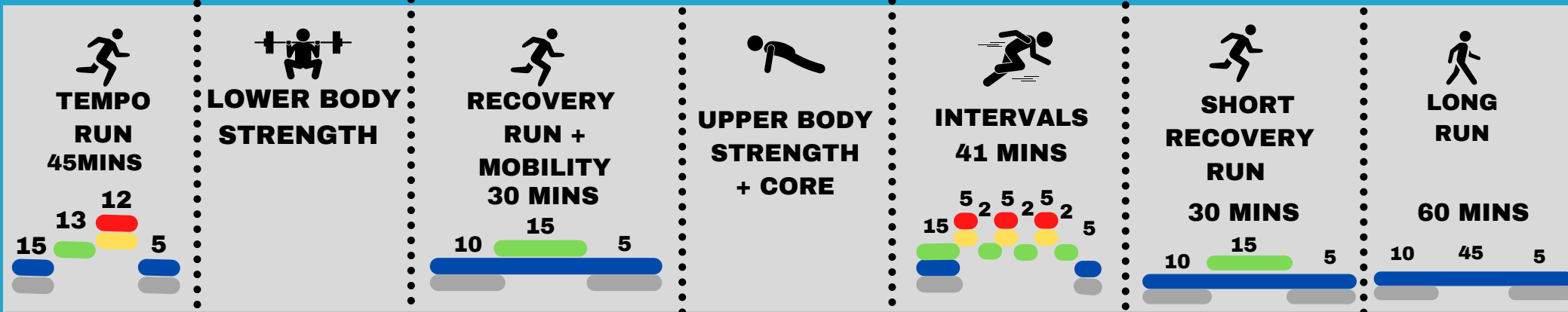
HR zone



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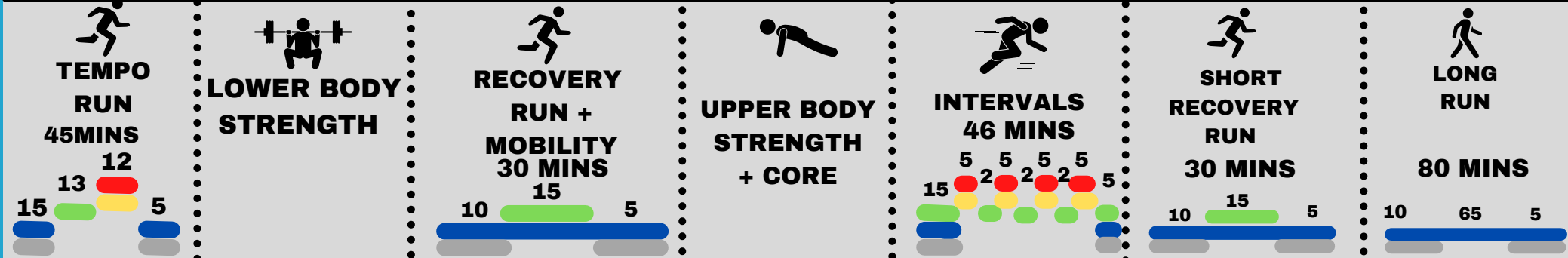
WK 5

HR zone



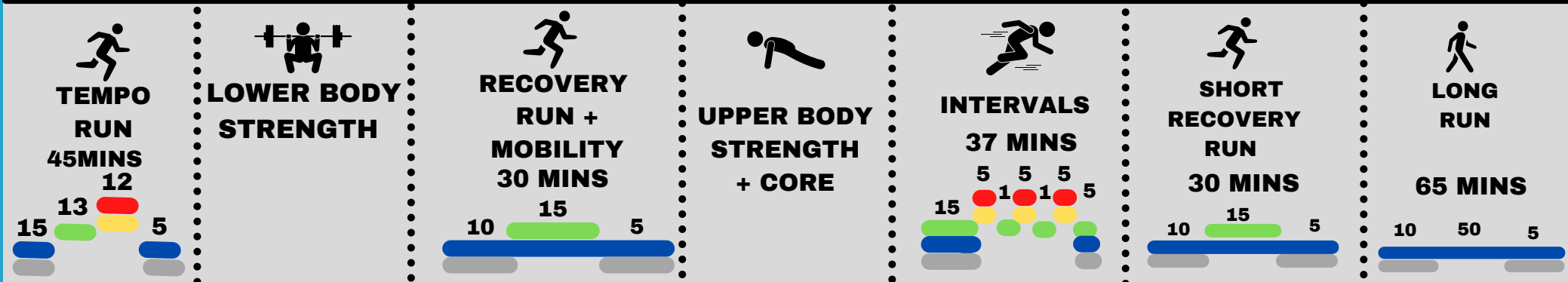
WK 6

HR zone



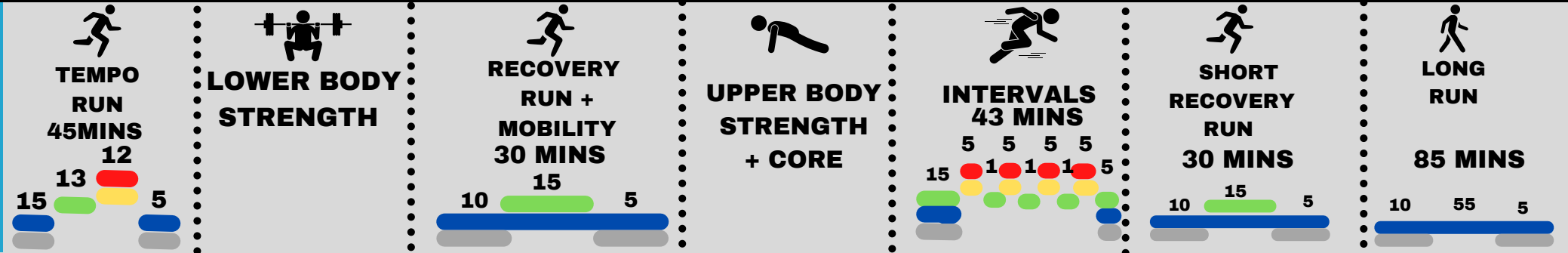
WK 7

HR zone



WK 8

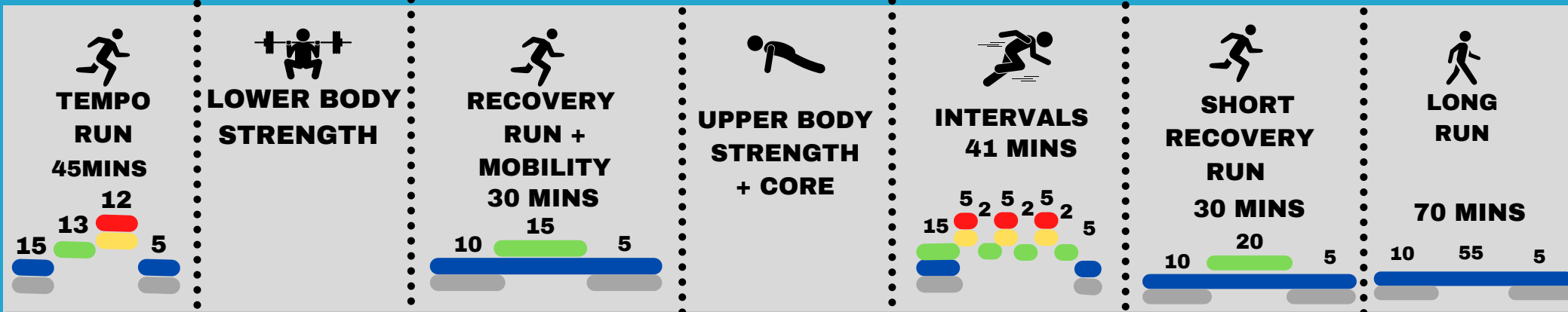
HR zone



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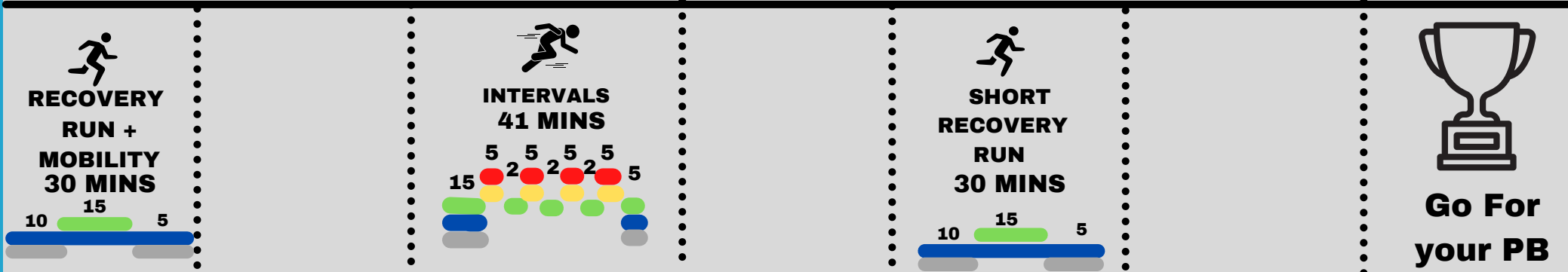
WK
9

HR
zone



WK
10

HR
zone



TEMPO RUN- Tempo running is a type of speed workout.... Generally speaking, a tempo run is a sustained effort run that builds up your body's ability to run faster for longer periods of time, no matter if you're training for a 5k or a half marathon.



RECOVERY RUN- A recovery run is slow run or walk completed within 24 hours after a hard session, generally 40-60 seconds slower than your usual mins/KM.



INTERVALS -The purpose of short intervals is to increase your speed, power, and ability to sustain both of these. They're good for increasing sprinting speed.



STRENGTH TRAINING- Strength training has the potential to reduce your injury risk by correcting muscle imbalances and improving muscle activation, as well as increasing the efficiency of your running biomechanics which results in improved running performance.



LOWER BODY STRENGTH EXAMPLE



EXERCISE

Sets

Repetitions

Progressions

Squat

4-6

10-12

Add weight

Glute Bridge

3-4

12-16

**Hold top position
(5 seconds)**

Split Squat

2-3

6-8
Each leg

Elevate back foot

**Cossack
Squat**

3-4

8-12
Each side

Add Weight

Calf Raise

3-4

20-30

**Switch to single leg
variation**



UPPER BODY STRENGTH EXAMPLE

DRIFFIELD

HEALTH HUB



EXERCISE

Sets

Repetitions

Progressions

Push Up

4-6

10-12

**Slow down
tempo**

Bench Dips

3-4

12-16

**Hold top position
(5 seconds)**

DeadBug

3-4

6-8
Each leg

Elevate back foot

**Prone
Superman**

2-3

15-20
Each side

Add more reps

**Alternate
shoulder taps**

2-3

15-20
Each side

**Slow Down
Tempo**