



# TRAINING

# GUIDE



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# Getting started

Whether you're new to running or a well-hardened veteran, the 10K is a great distance to test your agility. You may be setting yourself a new challenge or working on cutting down your time, we have two training plans for each style of runner.

We've put together an 8-week and 12-week training plan to get you in shape for the Westonbirt 10K. Use these training plans in conjunction with the Preparation, Recovery, and Nutrition section later in this guide to give you the best chance of success.

The idea is to gradually build up your stamina until you feel ready to really push yourself in the weeks leading up to the 10K. The week or two before the 10K you'll want to gradually ease back from your training to allow yourself time to recover, build your energy and minimise injury risk before the big day. This will mean that you can give it your all on race day!

## How to use the training guides

Each day the training guide gives you an activity to complete, including rest days which are important for recovery. The guides feature activities of varying intensity levels, use this colour key guide to identify the intensity of each activity:

Gentle/light intensity

Mid effort intensity

Full effort intensity

## Top tips

- Start every workout with a brisk 5-minute walk or light jog to warm up
- Don't worry about speed, just focus on being able to keep running
- If in doubt, feeling pain or feeling tired, take an extra rest day
- If you struggle with one of the week's training, repeat it until you feel ready to move to the next
- Use cross-training to build strength and prevent injury this could include cycling, yoga or weightlifting
- Cool down and end each workout with a 5-minute walk and light stretches

## FIND A GUIDE THAT WORKS FOR YOU

Remember, these are guides only, you can adjust the training to find the pattern and intensity that suits you. You can find alternative guides online or join a local running group for weekly training sessions.



# 12-week beginner or lapsed runner guide

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1		1 min run/1.5 min walk for 20 mins	Rest or Cross-train	Rest day	1.5 min run/2 min walk for 20 mins	Rest or Cross-train	1.5 min run/2 min walk for 20 mins
2	Rest or Cross-train	1.5 min run/2 min walk for 20 mins	Rest or Cross-train	Rest day	2 min run/2 min walk for 20 mins	Rest or Cross-train	2.5 min run/2.5 min walk for 20 mins
3	Rest or Cross-train	2.5 min run/2.5 min walk for 20 mins	Rest or Cross-train	Rest day	3 min run/2 min walk for 20 mins	Rest or Cross-train	3 min run/2 min walk for 20 mins
4	Rest or Cross-train	4 min run/2.5 min walk for 20 mins	Rest or Cross-train	Rest day	5 min run/3 min walk (x3)	Rest or Cross-train	8 min run/5 min walk/8 min run
5	Rest or Cross-train	20 min running	Rest or Cross-train	Rest day	6 min run/3 min walk (x2)	Rest or Cross-train	10 min run/3 min walk/10 min run
6	Rest or Cross-train	25 min running	Rest or Cross-train	Rest day	25 min running	Rest or Cross-train	25 min running
7	Rest or Cross-train	25 min running	Rest or Cross-train	1 min run/1.5 min walk for 20 mins	30 min running	Rest or Cross-train	30 min running
8	Rest or Cross-train	30 min running	Rest day	1 min run/1.5 min walk for 20 mins	Rest or Cross-train	2.5 mile run	1.5 mile run
9	Rest or Cross-train	2.5 mile run	Rest or Cross-train	1 min run/1.5 min walk for 20 mins	Rest or Cross-train	2.5 mile run	1.5 mile run
10	Rest or Cross-train	2.5 mile run	Rest or Cross-train	1 min run/1.5 min walk for 20 mins	Rest or Cross-train	4 mile run	5 mile run
11	Rest or Cross-train	3 mile run	Rest or Cross-train	1 min run/1.5 min walk for 20 mins	Rest or Cross-train	2 mile run	3 mile run
12	Rest or Cross-train	1.5 mile run	Rest day	Run 10K!			

Why not print your guide and put it somewhere visible like the fridge?



# 8-week active and regular runner guide

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1					Rest or Cross-train	1 min run/2 mins walk (x10)	Rest or Cross-train
2	1 min run/2 mins walk (x10)	Rest or Cross-train	Rest or Cross-train	12 minutes running	Rest or Cross-train	1 min run/1 min walk (x15)	Rest or Cross-train
3	1 min run/1 min walk (x15)	Rest or Cross-train	Rest or Cross-train	18 minutes running	Rest or Cross-train	90 secs run/30 secs walk (x15)	Rest or Cross-train
4	90 secs run/30 secs walk (x15)	Rest or Cross-train	Rest or Cross-train	26 minutes running	Rest or Cross-train	2 mins run/1 min walk (x10)	Rest or Cross-train
5	2 mins run/1 min walk (x10)	Rest or Cross-train	Rest day	Run 5K!	Rest or Cross-train	2.5 mile run	1.5 mile run
6	Rest or Cross-train	2.5 mile run	Rest or Cross-train	4 mile run	Rest or Cross-train	2.5 mile run	1.5 mile run
7	Rest or Cross-train	2.5 mile run	Rest or Cross-train	4.5 mile run	Rest or Cross-train	4 mile run	5 mile run
8	Rest or Cross-train	3 mile run	Rest or Cross-train	3 mile run	Rest or Cross-train	2 mile run	3 mile run
9	Rest or Cross-train	1.5 mile run	Rest day	Run 10K!			

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# Beginning your training journey

This guide is designed to give you some structure to your training plan as well as give you valuable advice on how to successfully prepare for a 10K. Including, training plans for runners of differing abilities, nutritional guidance and the best running gear. Please note this is guidance only and you should always seek advice from professional, qualified training instructors, physiotherapists and dieticians.

*\*Please note our 10K charity sponsor and partner is Runners Need and so in most instances we'll direct you to their services for running equipment. If you are a Friends of Westonbirt Arboretum member you will have access to a 10% discount code for Runners Need as part of your membership benefits.*

Here's six things to consider when beginning your training journey:

1

## **Buy some good running shoes**

Your most essential running gear, it's okay to spend a little extra money here, especially if you plan on running regularly after your training plan is completed. We recommend you visit your local Runners Need shop in person to get a gait analysis to help you find your perfect running shoes.

2

## **Buy some good running clothing**

You don't have to go crazy here, you can run in any old tee, joggers or leggings you have in your wardrobe. It's good to have a variety of clothing to suit the weather and to ensure you always have a clean outfit to throw on. There's some more guidance further down about choosing the right gear. Remember if you are a Friends of Westonbirt Arboretum member you can get 10% off any running gear at Runners Need.

3

## **Make time for your running workouts in your calendar**

It's easy to get caught up in your day-to-day activities and quickly run out of time to focus on your training. If you don't already have a training schedule in place, make sure to block out time for training. Whether that means waking up a little earlier, going for a jog in your lunch break or throwing on your trainers after work, make the time.

4

## **Ask a friend or accountability partner to join you**

Things are more fun when you can do them with a friend! It can be all too tempting to blow off your running if you've had a stressful day or are feeling a bit tired. Running with a buddy will help keep you both motivated. You never know, it might even make you feel better and help you get a good night's sleep.

5

## **Put your training program on the fridge**

Keep your plan somewhere visible so that you can see it daily. Out of sight, out of mind, keep on top of your training and cross out your daily workouts as you go for that oh-so satisfying sense of achievement.

6

## **Create a reward for reaching your goal!**

Treat yo' self! Rewarding yourself after reaching your goals will help incentivise you to keep going. Perhaps a new pair of running shorts or a spa day?





# How to begin and end each training session

Every running workout should begin with a good warm-up that includes some gentle jogging and ideally takes you through active stretches focusing on the muscles you'll use most during your running workout.

After your run, make sure to take time for cooling down, stretching, and foam rolling (this is kind of like a massage that helps release muscle tension). This will keep your muscles lengthened, reduce muscle adhesions, and improve flexibility and mobility.

Cooling down is important as it gradually reduces your heart rate. So instead of suddenly stopping your run and sitting down and stretching, ease into your post-workout routine by walking for a few minutes first.

Here are a few other things you can add to your recovery routine to ease muscle soreness and improve recovery:

- A nice hot bath with soothing bubbles
- Deep breathing and meditation
- Massage
- Yoga







## Pain or injury

### when running

If you are following a good warm-up, stretching, and recovery routine but you're noticing some chronic aches and pains popping up, stop running for a few days to assess your pain.

If it's just sore muscles, that may take a few days to go away, but any joint aches or pain that won't go away when the muscle soreness goes away should be treated with ice, compression, elevation, and a trip to the doctor or physical therapist if it persists.

Do not push through pain when you're exercising, your body is telling you to take it easy to minimise risk of injury.

Often new runners who are carrying extra weight suffer from pain in the joints (hips, knees, and ankles) due to the impact stress of running. Try quick walking/power walking as lower-impact strategy to increase your fitness. Then, gradually increase your running routine.

**It's important to note that muscle fatigue is normal, but pain is not and if you experience pain with running, stop and assess it.**







# What should I wear?

**You don't need to wear anything fancy for running.**

But if you commit to more time running, you'll definitely want to add more running-specific clothing items to your wardrobe.

Don't worry about breaking the bank on running clothing. There's lots of affordable clothing made for fitness and running out there.

But be aware that more expensive fitness clothing often performs better, so if you're planning on getting into longer races and spending more time running, consider investing in some high-quality staple pieces.



**Here are some things to look for when you buy clothing for running:**

- Flat, smooth, and non-chafing seams
- Soft and breathable fabric that won't chafe, this tends to be synthetic fabrics like neoprene and lycra
- 4-way stretch for greater freedom of motion
- Good hem lengths in shorts (and shirts!) so they don't ride up or bunch while you're running. If you struggle with thigh chafing, consider longer shorts or pick lightweight capris or leggings.

## ON RACE DAY...

...only wear clothes that you have trained in and that you know are comfortable.



# Make time for cross-training

Running is a wonderful workout, but it's also great to add in other types of workouts into your running routine as well, especially when you're new to running.

Running should of course be your primary workout, but cross-training is essential to prevent injury and to strengthen your body to run better.

"Cross-training" is essentially working out in multiple ways, so if you are primarily a runner, you might cross train with workouts like cycling, yoga or strength training, etc.

Doing something like cycling will give your body a break from high impact running while still training your cardiovascular system and neurological system for endurance exercise.

Strength training is a must in any well-rounded running program, so don't skip it! Strengthening your muscles throughout your entire body (especially your glutes, core, and calf muscles) can help prevent injuries and helps to prevent muscle imbalances from doing one activity, like running, for most of your workouts. This could include weightlifting, squats, push-ups, and crunches.



## TRAINING IDEA

Why not join a class at your local gym or in your local community?

# What to eat after a run?

What to eat after your run doesn't have to get complicated and you don't have to spend a lot on expensive recovery drinks.

Just follow a few simple guidelines to make the most of your post-run recovery snacks and meals.

- Try to eat a healthy, protein-based snack within 45mins of your workout
- Followed by your normal meal
- Eating after a workout is important for refuelling and repairing your body
- Avoid heavy, greasy food straight after a workout so that you don't upset your stomach







## Nutrition while training

Your food focus in the weeks and months before your race should be high-quality, nutrient-rich options that will provide you with enough energy and importantly, hydration. A nutritious diet will not only help you feel better during your runs, but it'll also aid in muscle recovery and decrease inflammation in the body, helping you to avoid injuries.

### Protein

As mentioned above, a protein-based snack after your workout is key to refuel and repair your muscles. Protein should also make up around a quarter of your normal meals too. Healthy sources of protein can be found in eggs, milk, yoghurt, fish, lean meat, beans, nuts and leafy greens amongst others.

### Carbohydrates

Carbohydrates are important as well, but you probably don't need to eat any more than you normally do. People often gain weight when training for running races because they go overboard on the carbs. About a quarter of each meal should include a healthy carbohydrate such as whole grain foods, grains, pulses and beans.

To energise before you go on a run you should have a small snack made up primarily of easily digestible carbs, like a slice of toast with peanut butter and a drizzle of honey, or a cup of cereal with a half cup of milk. Avoid highly processed or high-fat foods before you run, they're harder to break down and will make you feel sluggish and ill.

### Day before the race

The day before the big race, fuel your body with a healthy balanced meal made up of the following: ½ veg, ¼ protein, ¼ starch e.g. rice or sweet potato. Top it off with a healthy fat such as an olive oil dressing or avocado. Eat as much as you'd like but don't overstuff yourself. Drink plenty of water and avoid sugary drinks and alcohol.

### Day of the race

On the day of the race, eat familiar foods that aren't high in fat or highly processed, you don't want stomach upset on the big day. Try high carbohydrate and protein-based foods that are quick to break-down such as porridge, yoghurt, banana, egg on toast.

### Post race

Post-race, help your body recover by having a protein bar or banana with some water shortly after your run. Avoid heavy greasy foods until a couple of hours after the race and avoid alcohol and caffeine until you are fully re-hydrated. If it's been a particularly hot day and/or you've sweated profusely, drink an electrolyte beverage to help with rehydration and replenish minerals lost through perspiration.

## REFUEL AND REPAIR YOUR MUSCLES

Healthy sources of protein can be found in eggs, milk, yoghurt, fish, lean meat, beans, nuts and leafy greens amongst others.