Ready, Set - **GOAL!**

BEGINNER 10K RUNNING PROGRAM

Start smart, take some precautions:
Before you start your running program, pay a visit to your physician. This is always a good idea, but especially in case of the following conditions:

- Being overweight
- History of heart problems
- Breathing problems
- Chronic fatigue
- Over the age of 40

Of course, when you run you are bound to get tired and experience muscle fatigue afterwards. To an extent, this is normal. However, if at any time you experience pain in your chest, back, or legs, take this as a sign to slow down.

- Immediately stop running and walk for a bit until you feel better.
- Cut back on your training load or stop it until the pain has ceased.
- Check with your physician if you keep on experiencing pain or if you are feeling unsure about anything.

Take care of yourself. You only have one body and one life. Running is a great healthy activity, but in your enthusiasm (too much too soon) you can harm yourself.

Learn to listen to your body and you will be your own best coach who can tell you to keep on going or to stop.

Slow and steady wins the race (sort of).
Beginner runners can have a tendency to start at a too high intensity. If you are a starter, it is recommended you start off with low intensity runs for a number of reasons:

- (Too) fast running is much more strenuous on the body. If you go too fast too early you will likely end up with injuries.
- Strangely enough, the slower you go in the beginning, the faster you will be in the end. Base building is considered to be one of the single most essential parts of your running. This means easy running (the pace where you could maintain conversation).
- Eventually you will be able to go longer and further if you do your runs at low intensity.
- You will avoid overtraining. If you tell yourself at the end of your running workout 'I could have gone for a bit longer' then you have been running at the right pace.

One of the best ways to keep motivated is to set attainable goals for yourself.
This can be anything:

- Run at least three times per week
- Lose weight; no be more specific; lose 5 kilos within 3 months.
- Be able to finish a local 5K race which is held 12 weeks from now
- Improve your PR on the 10K with 30 seconds this year

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Ready, Set - **GOAL! BEGINNER 10K RUNNING PROGRAM**

Whenever you reach a goal be proud of yourself! Give yourself a compliment and treat yourself to something. Basically, anything tangible or intangible that gives you the feeling you have done well.

Just some ideas :

- running shirt
- heart rate monitor
- pair of new running shoes
- some new running apparel
- running gear
- etc.

Importance of warm up and cool down: By doing a warm up you are letting your body know that it will have to start working soon. It is important to do this so that your heart and legs can adjust properly. So don't sprint out of the door, but start with a brisk walk, followed by very easy running for a couple of minutes.

At the end of your workout take a couple of minutes to cool down. So run very slowly or walk the last minutes of your workout and end with stretches. This will improve your recovery rate and reduce muscle pains. Follow this with some basic stretches and you should feel great!

Why is cross training important?
Running is good for you. However, your legs have to endure a lot while running. Every step you take, the impact on your legs is two to three times your body weight. Therefore it is wise to incorporate a slow build-up and optional cross training in your running program.

Cross training is any different form of activity which isn't running like riding a bike, swimming, hiking, walking, going on the elliptical machine, etc.

Cross training is great. It is still helping you increase your fitness while giving your running muscles a break.

What else can help me stay motivated? The hardest part of running is getting out of the door. When you have a buddy who is running with you, you don't want to let each other down and you will do what is needed: you get out of the door. Moreover your running buddy will help you to keep to your goals.

What about the weather? If it's hot out, take extra precaution before you run. Humidity levels greater than 70% put your body at greater risk for heat exhaustion/stroke.

- Hydrate! Before and during your run. Water is normally a good choice, unless your run will last more than 45 minutes. If it is > 45 minutes, you might want to try a sports drink.
- Try to stay in shaded areas during your run.
- No cotton shirts! Use a light color dry fit material.
- No cotton socks! Cotton will keep moisture close to your body and contribute to blisters.
- Don't forget sunscreeen, a hat, and sunglasses! Put sunscreen (at least SPF 15) everywhere...often running clothes are thin and do not protect against the sun.

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- Early morning is the coolest time of the day for a run and has the best air quality. Run when your shadow is taller than you.
- Beware of Heat Exhaustion! Will have profuse sweating and dehydration. May feel light headed, nauseous, dizzy. Go to a cool place and rest. Hydrate. If no improvement then go to ER. Avoid activity for 24 hours and avoid running in the heat for several days because you will be more susceptible to heat illness for a little while.
- Certain drugs can make you more susceptible to heat illness:
    a. High blood pressure pills (beta blockers, diuretics)
    b. Anti-depressants (SSRIs)
    c. Decongestants/Allergy pills
    d. Ask your doctor about your medications

WORKOUT DESCRIPTIONS

Easy runs: A running workout of various lengths where the runner usually runs from a half minute to two minutes slower than their usual or race pace in order to maintain running fitness without added stress to the body. Some runners will say, "If you finish an easy run and it doesn't feel easy, then you ran too hard."

Tempo runs: A speedwork drill where the runner will begin the workout with approximately one mile of warm up time at or near an easy run pace, then accelerate to approximately half a minute faster for a set number of miles or minutes. The runner follows this with a cool down of miles to balance out the total workout length. As an example, a 6 mile tempo run will begin with a mile of warm up followed by 3 miles at tempo and finished with 2 miles at easy pace to make a total of 6 miles. Some runners will say, "Your tempo pace is one that you can hold, but you would really like to not hold it."

Speed work (for example 4 x 400, 8x200) etc: Any form of running workout where the runner must run a portion of the workout at a pace faster than his or her usual pace. Using the 4x400 mile pace example, an individual would run four 400 meter sprints at the pace it would take them to run a mile. Each 400 meter sprint would be followed by a recovery jog at an easy pace to recover before completing the next sprint.

Cross training: Any form of physical activity that will cause you to maintain an elevated heart rate, but is not in the form of running. Cycling, stairmaster, elliptical, swimming, rowing, etc...are all forms of cross training. This form of training will help prevent overtraining and is considered extremely important.

Muscular fitness: Also referred to as resistance training. One to three sets of 8-15 repetitions is generally sufficient to work on strength gain without impeding your runs. This is another important form of training and part of a well balanced exercise program.

Walking: Sounds easy, but after a good 4-5 days of structured training, a 30-60 minute walk will be a nice change. Walk at a brisk pace (enough to raise your heart rate), but don't push too hard.

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Beginner 10K Running Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Stretch and Muscular Fitness	2.5 mile easy run	30 minutes cross training	2 mile easy run + muscular fitness	Rest	40 minutes cross training
Week 2	3 mile run	Stretch and Muscular Fitness	2.5 mile easy run	30 minutes cross training	2 mile easy run + muscular fitness	Rest	40 minutes cross training
Week 3	3 mile run	Stretch and Muscular Fitness	2.5 mile easy run	30 minutes cross training	2 mile easy run + muscular fitness	Rest	40 minutes cross training
Week 4	3.5 mile run	Stretch and Muscular Fitness	2.5 mile easy run	30 minutes cross training	2 mile easy run + muscular fitness	Rest	40 minutes cross training
Week 5	3.5 mile run	Stretch and Muscular Fitness	2.5 mile easy run	35 minutes cross training	2 mile easy run + muscular fitness	Rest	40 minutes cross training

Ready, Set - **GOAL!**

Beginner 10K Running Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6	4 mile run	Stretch and Muscular Fitness	2.5 mile easy run	35 minutes cross training	2 mile easy run + muscular fitness	Rest	45 minutes cross training
Week 7	4 mile run	Stretch and Muscular Fitness	2.5 mile easy run	35 minutes cross training	2 mile easy run + muscular fitness	Rest	50 minutes cross training
Week 8	4 mile run	Stretch and Muscular Fitness	3 mile easy run	35 minutes cross training	2 mile easy run + muscular fitness	Rest	50 minutes cross training
Week 9	4.5 mile run	Stretch and Muscular Fitness	3 mile easy run	40 minutes cross training	2 mile easy run + muscular fitness	Rest	50 minutes cross training
Week 10	4.5 mile run	Stretch and Muscular Fitness	3 mile easy run	40 minutes cross training	2 mile easy run + muscular fitness	Rest	60 minutes cross training

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Ready, Set - **GOAL!**

Beginner 10K Running Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 11	4.5 mile run	Stretch and Muscular Fitness	3 mile easy run	40 minutes cross training	2 mile easy run + muscular fitness	Rest	60 minutes cross training
Week 12	5 mile run	Stretch and Muscular Fitness	3 mile easy run	40 minutes cross training	2 mile easy run + muscular fitness	Rest	60 minutes cross training
Week 13	5 mile run	Stretch and Muscular Fitness	3 mile easy run	45 minutes cross training	2 mile easy run + muscular fitness	Rest	60 minutes cross training
Week 14	5.5 mile run	Stretch and Muscular Fitness	3 mile easy run	45 minutes cross training	2 mile easy run + muscular fitness	Rest	60 minutes cross training
Week 15	5.5 mile run	Stretch and Muscular Fitness	3 mile easy run	30 minutes cross training	2 mile easy run	Rest	**10K**

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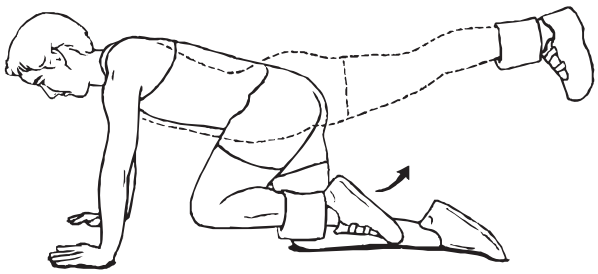
RUNNING STRENGTH TRAINING

LEGS: GLUTES / THIGHS - 2 Wall Sit

Back against wall, slide down so knees are at 90º angle. Hold 30-60 seconds.

Do 2 sets.
Complete 2-3 repetitions.

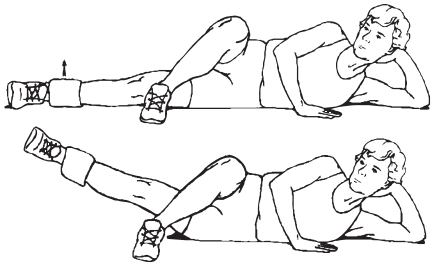
LEGS: GLUTES / THIGHS - 1 Kick Back



Leg tucked to chest, keeping hips level, drive leg back and up until straight and slightly above level with body.

Do 2-3 sets. Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 38 Leg Adduction: Single Leg (Ankle Weight)

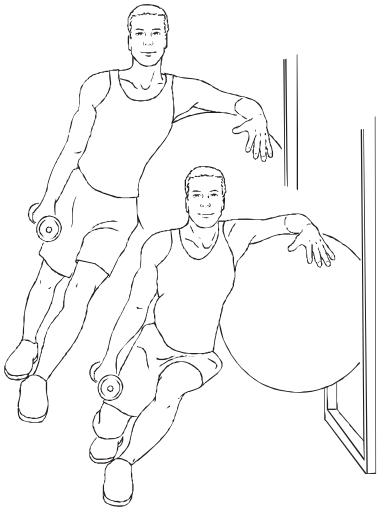


Bottom leg weighted and straight, lift leg upward as far as possible. Complete all repetitions to one side. Repeat on other side.

Can also be modified and done without ankle weights.

Do 2-3 sets. Complete 10-15 repetitions.

LEGS - 5 Squat Supported: Lateral (Dumbbell)



Back straight, lean into ball. Bend at knee; do not allow knees past toes. Repeat on same side, legs switched. Repeat sequence on other side.

Do 2-3 sets.
Complete 10-15 repetitions.

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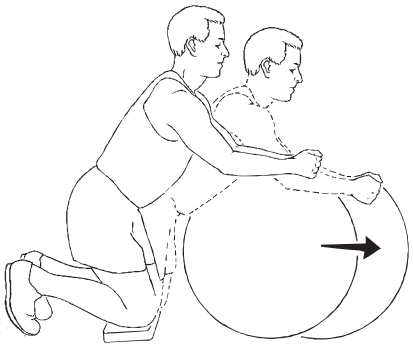
RUNNING STRENGTH TRAINING

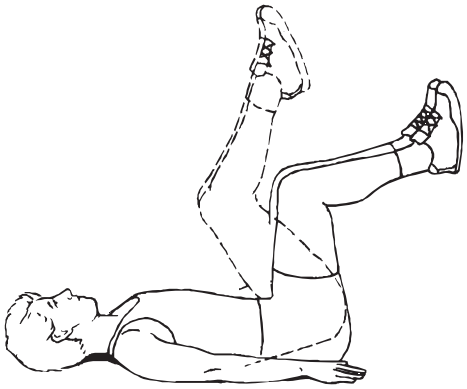
ABS - 18 Ball Roll: Basic

With forearms on ball and back straight, begin to roll forward, progressively tensing abdominals. Caution: Do not hyperextend low back. Breathing out, roll back to start position.



Do _2-3_ sets. Complete 10-15 repetitions.

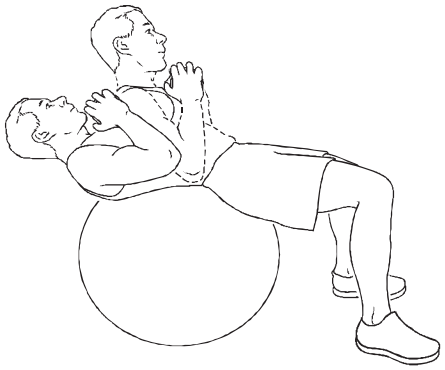
ABS - 15 Crunch: Reverse



With knees at 90º angle, tighten abdominals, curl hips up until low back clears floor.

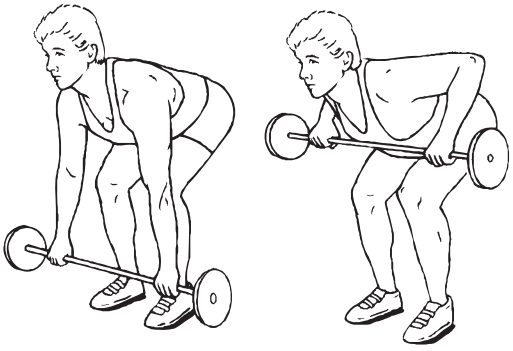
Do _2-3_ sets. Complete 10-15 repetitions.

ABS - 1 Crunch (Dumbbell)



Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do _2-3_ sets. Complete 10-15 repetitions.

BACK: LATS - 4 Row: Bent Over (Barbell)



Lift barbell to chest, keeping back flat and knees bent.

If a bar is not available, use two dumbbells.

Do _2-3_ sets. Complete 10-15 repetitions.

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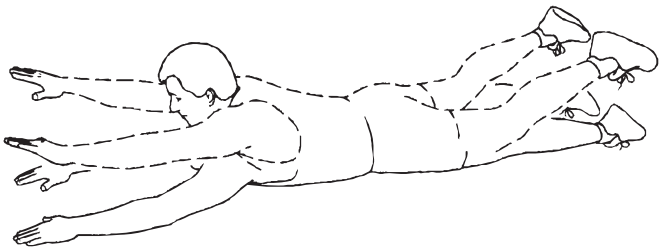
RUNNING STRENGTH TRAINING

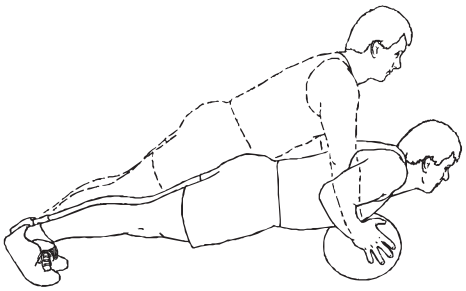
BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously.

Do 2-3 sets. Complete 10-15 repetitions.

CHEST - 1 Push-Up: Incline (Medicine Ball)



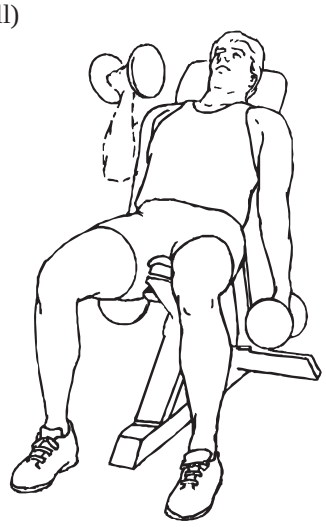
With chest one inch above ball, push up until arms are straight.

For beginners: modify by doing a standard pushup or modified pushup with knees down.

Do 2-3 sets. Complete 10-15 repetitions.

ARMS: BICEPS - 10 Curl: Sitting Incline, Alternating (Dumbbell)

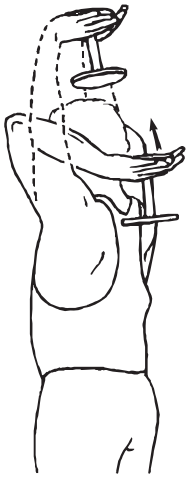
Hold weights at sides, palms in. Curl arm toward shoulder, rotating to palm up while beginning curl. Alternate arms.



Do 2-3 sets.
Complete 10-15 repetitions.

ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)

Knees slightly bent, straighten arms, keeping upper arms close to sides of head.



Do 2-3 sets.
Complete 10-15 repetitions.

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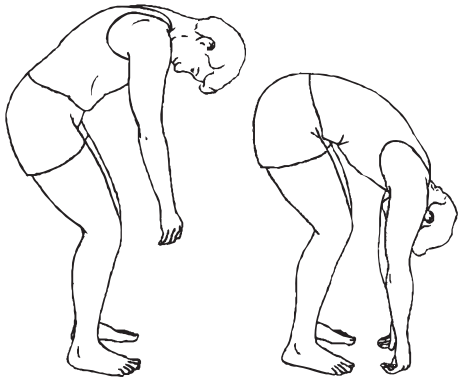
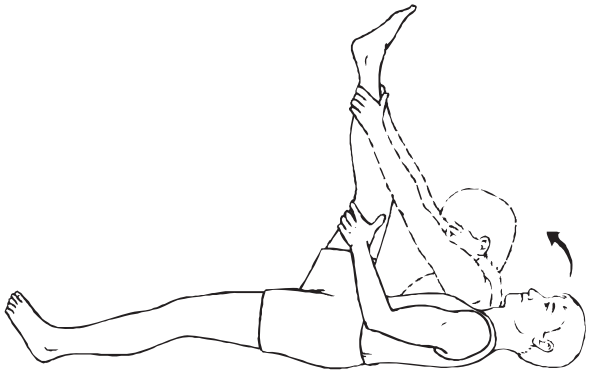
STRETCHING EXERCISES

HAMSTRINGS - Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

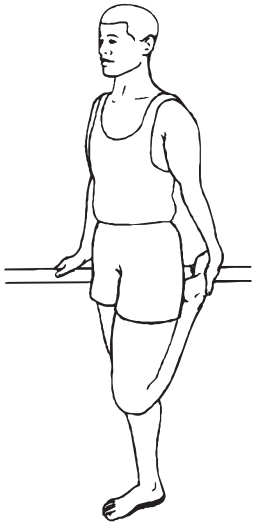
HAMSTRINGS - Leg Raise



With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

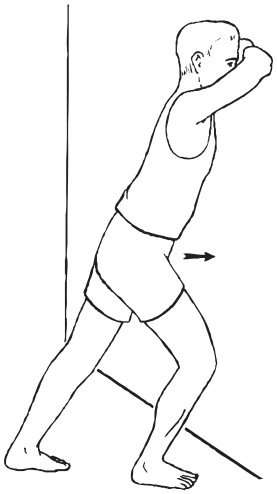
UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.



LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.



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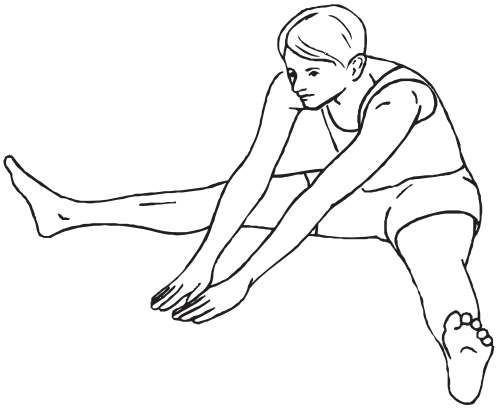
STRETCHING EXERCISES

GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.

GROIN - Thigh Adductors



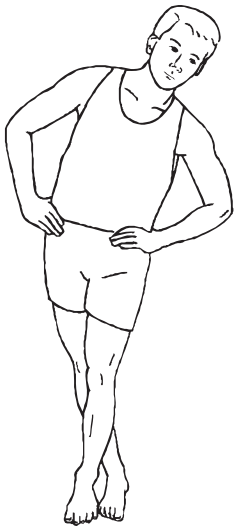
With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.

HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



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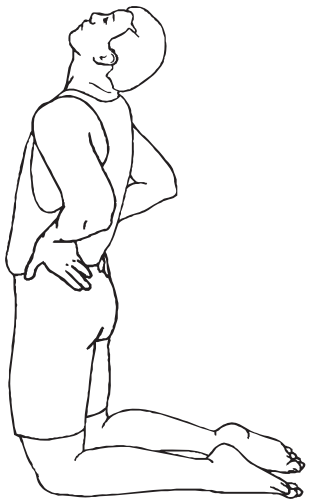
STRETCHING EXERCISES

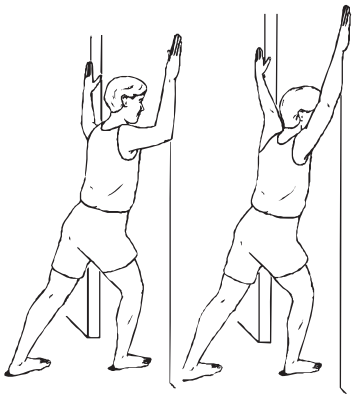
ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

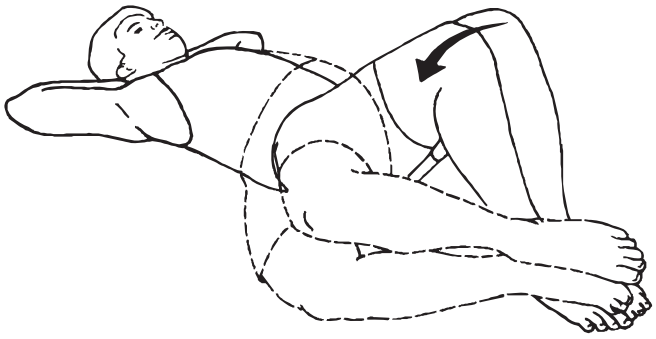


CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

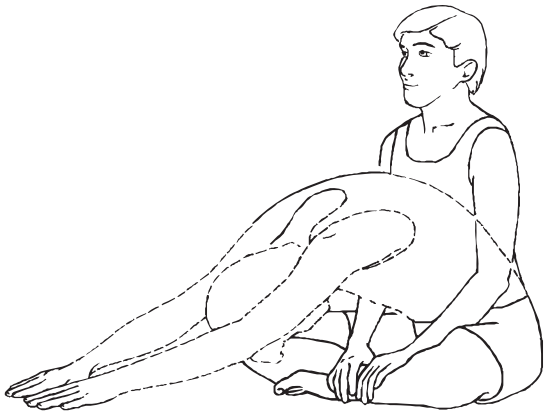


LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

LOWER BACK - Mid and Lower Extensors



With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

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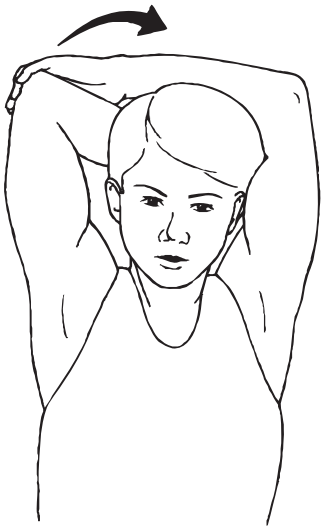
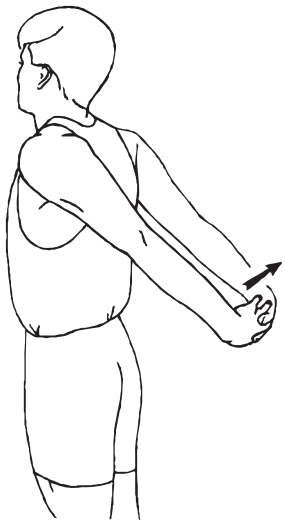
STRETCHING EXERCISES

ARMS - Triceps



Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.

ARMS - Biceps



With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.

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SHOULDERS - Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.

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