

6 Golden Rules



Whatever your ability level or running experience make sure you read our 6 golden rules before starting.

- 1 Warm up thoroughly pre-run.** For new runners this might include a short walk and some gentle dynamic exercises. Checkout and use our 5 minute pre-run mobility warm up routine here: https://youtu.be/ZOG6h_eDQDk
- 2 Start all your runs very easily.** When running, it can often take the body 6-8 minutes (sometimes longer) to regulate breathing and warm-up the aerobic system, which is the prime system used to power you around an endurance run. As you build fitness you might be surprised to find runs get easier as you go along but only if the pace is sensible early on.
- 3 Increase training gradually.** Stick to a plan which has gradual progressions without any sudden increases in the amount of running. Running is demanding on your body so it is important to balance the training with rest days and cross training to give it chance to adapt.
- 4 Be adaptable.** There is rarely such a thing as the perfect training build up... sometimes life gets in the way. Be adaptable and be prepared to take easier days or reshuffle things around if required. If you get any aches and pain and they aren't settling, replace runs with some cross training to give your body extra chance to recover. If you need to take any additional walk breaks in your running sessions, that's fine too. Accumulate the running time set with additional breaks as required.
- 5 Set yourself a target.** Whatever your level of experience, setting a goal is very empowering and increases your accountability. Tell a friend or better still do it with them! They can help you on those challenging days when you need that extra lift. Better still join a training group and have a shared camaraderie with many others!
- 6 Don't just run.** Running more will improve running fitness but equally increasing things too quickly will only lead to injury, especially if your body is not used to it! Use low or non-impact cross training to help build aerobic fitness (without the impact) and perform strength training exercises particularly for your legs, hips and trunk muscles to ensure you are more robust. This will also compliment your all-round fitness.

Training Guide

Easy / recovery based cardio

For less experienced/ complete beginners, cross training reduces the impact from running but helps you build your running fitness. Walking, cycling or swimming are good alternatives which will still help build and maintain basic endurance and can also allow your body some recovery from the impact of running.

Aerobic running pace

This level of running is also referred to as conversation pace as you should be able to talk relatively comfortably. Think full sentences with no more than 1-2 breaths. This helps build aerobic fitness which underpins all endurance running. It is important to keep your pace comfortable in order to build endurance without undue impact on your body and reduce the risk of injury.

Tempo / interval running

This level consists of moderately challenging efforts or intervals which are faster than your longer endurance runs but should not be too challenging. By aiming to run a little faster than your aerobic pace for short periods, you reduce the risk injury and still get the benefits of some faster running.



Sunday 8th September 2024 10K Beginner's Training Schedule

This plan has been put together by Lee Merrien. This beginners 10km schedule is an 8 week plan aimed at individuals currently running 1 to 3 times per week for approximately 30 minutes (or 5km each time) and with limited running experience.

If you don't want to train on your own, check Lee's 'get into running' courses and other running groups at www.leemerrienrunning.com. You can train with others and learn warm-ups specific to running as well as performing your interval work in a group setting.



BEGINNERS 10km Training Plan

KEY See overleaf for full details

Rest day Easy / recovery based cardio Aerobic running pace Tempo / interval running

Weeks to go	15-Jul-24	16-Jul-24	17-Jul-24	18-Jul-24	19-Jul-24	20-Jul-24	21-Jul-24
8	Rest or light exercise day	Optional rest day or conditioning day	25-30 min easy aerobic run or join in a Lee Merrien Running (LMR) group session	Optional rest day or conditioning day	20-25 min very easy run or cross training	Complete rest day	30 min easy aerobic run
7	Rest or light exercise day	Optional rest day or conditioning day	LMR group or own session: 6-8mins easy running, dynamic w/ups, 7 x 2mins at parkrun pace (or slightly faster than your Sunday run pace) with 2min walk break (or easy jog for more experienced runners), 6min easy jog cool down	Optional rest day or conditioning day	30 min very easy run or cross training	Complete rest day	40 min easy aerobic run
6	Rest or light exercise day	Optional rest day or conditioning day	LMR group session or own session: 6-8mins easy running, dynamic w/ups, 5 x 3mins @ approx parkrun pace (or slightly faster than your Sunday run pace) with 2min walk break (or easy jog for more experienced runners). 6min easy jog cool down	Optional rest day or conditioning day	30 min very easy run or cross training	Complete rest day	50 min easy aerobic run
5	Rest or light exercise day	Optional rest day or conditioning day	LMR group session or own session: 6-8mins easy running, dynamic w/ups, 2 x 5 mins @ approx parkrun pace (or slightly faster your Sunday run pace) with 2min walk break, then 5x1min slightly quicker of 30secs walk, 6min easy jog cool down	Optional rest day or conditioning day	Complete rest day	Parkrun (5km) Pembroke 9am - break up the training & run the Parkrun this week!	40 min very easy run or an optional rest day or cross training if you did parkrun yesterday
4	Rest or light exercise day	Optional rest day or conditioning day	LMR group or own session: 6-8mins easy running, dynamic w/ups, 4 x 4 mins @ approx parkrun pace (or slightly faster your Sunday run pace) with 2min walk break, 6min easy jog cool down	Optional rest day or conditioning day	30-35 min very easy run or cross training	Complete rest day	60 min easy aerobic run
3	Rest or light exercise day	Optional rest day or conditioning day	LMR group or own session: 6-8mins easy running, dynamic w/ups, then 8min effort (3min walk) 5min effort (3mins walk) 3min effort. Start your 8min effort a little slower than Parkrun pace but progress your pace on each of the efforts. 6min easy jog cool down	Optional rest day or conditioning day	30-35 min very easy run or cross training	Complete rest day	60-70 min easy aerobic run
2	Rest or light exercise day	Optional rest day or conditioning day	LMR group or own session: 6-8mins easy running, dynamic w/ups, 2 x 5 mins @ approx parkrun pace (or slightly faster your Sunday run pace) with 2min walk break, then 5x1min slightly quicker of 30secs walk, 6min easy jog cool down	Optional rest day or conditioning day	30-35 min very easy run or cross training	Complete rest day	40 min very easy run
1	Rest or light exercise day	Complete rest day	LMR group or own session: 6-8mins easy running, dynamic w/ups, 10 x 1mins at or slightly quicker than parkrun pace off 1min walk each time. 6min easy jog cool down	Optional rest day or conditioning day	20 minutes very easy run	Complete rest day	Investec Guernsey Mind 10K

QUICK TIPS

Cliché as it is, take things one run at a time, don't worry about the pace and keep your efforts at a level so you can comfortably hold a conversation.

Having a goal is great but make sure you share it with someone so they can support and encourage you. Placing a reminder somewhere is also a great idea to create some accountability.

Remember to warm-up thoroughly. Start with a walk and include some dynamic warm-up exercises to enhance your warm-up further.

Parkrun is great way to test your fitness as well as enjoying being part of event.

Rest is important! This is when our body adapts to the training, so make sure you have at least one to two days off between your runs.

Ever thought about joining a group? Training in a group is fun and social. Why not checkout our groups www.leemerrienrunning.com

In the last 10-14 days in the lead up to the main event, you should start tapering your training back in order to ensure you are fresh and fully recovered. This will help you benefit from all the good work you have done.

In the last week it's worth remembering you are unlikely to get any fitter now - just more tired! Stick to the plan and keep things nice and easy this week - save your energies for the day of the run!