

BWCI Mind 10km - Beginners Training plan



Our beginners schedule is an 8 week plan aimed at individuals currently running at least 1-2 times per week (but ideally 2-3) with runs of around 20 to 30 minutes.

Whatever your level or experience make sure to follow our 6 golden rules at all times (see below)

	Monday 17-Jul-16	Tuesday 18-Jul-16	Wednesday 19-Jul-16	Thursday 20-Jul-16	Friday 21-Jul-16	Saturday 22-Jul-16	Sunday 23-Jul-16	Tips & reminders:
8 wks to go	Rest or light exercise day	optional rest or conditioning day	20-30min easy run	optional rest or conditioning day	20-30min easy run	Complete rest day	30-35min easy into aerobic effort run	<i>Cliché as it is take things one run at a time, don't worry the pace & keeping the effort level at one which you can comfortable hold conversation.</i>
	Monday 24-Jul-16	Tuesday 25-Jul-16	Wednesday 26-Jul-16	Thursday 27-Jul-16	Friday 28-Jul-16	Saturday 29-Jul-16	Sunday 30-Jul-16	Notes & reminders...
7 wks to go	Rest or light exercise day	optional rest or conditioning day	30min easy run	optional rest or conditioning day	30min easy run	Complete rest day	40min easy into aerobic effort run	<i>Rest is as important as the training! The body only adapts with sufficient recovery. If you're running 3 times p/wk ensure you space your running with at least 1 none running day between.</i>
	Monday 31-Jul-16	Tuesday 01-Aug-16	Wednesday 02-Aug-16	Thursday 03-Aug-16	Friday 04-Aug-16	Saturday 05-Aug-16	Sunday 06-Aug-16	Notes & reminders...
6 wks to go	Rest or light exercise day	optional rest or conditioning day	Fartlek: 10min easy jog, then 8x1min moderate efforts with 1min easy jog or walk between - with the efforts slightly faster longer run pace. 5min easy jog after as a jog cool down	optional rest or conditioning day	LMR Park 5km (Saumarez Park) 6.15pm start or do - > ->	Parkrun - 5km (Pembroke) 9am	50min easy into aerobic effort run	<i>Participating in one of the suggested events (Fri or Sat) is great way to put a marker in the sand. We suggest choosing one of the two events listed.</i>

	Monday 07-Aug-16	Tuesday 08-Aug-16	Wednesday 09-Aug-16	Thursday 10-Aug-16	Friday 11-Aug-16	Saturday 12-Aug-16	Sunday 13-Aug-16	Notes & reminders...
5 wks to go	Rest or light exercise day	optional rest or conditioning day	30min run, as 10min easy then 15mins tempo (somewhere between the avg pace of your long run last weeks 5km) 5min easy jog cool down.	optional rest or conditioning day	30min easy run	Complete rest day	55-60min easy into aerobic effort run	Remember to mobilise your joints & muscles before a run & ensure the start of your runs is at an easy pace, better still also walk for 5mins before and after running too!
	Monday 14-Aug-16	Tuesday 15-Aug-16	Wednesday 16-Aug-16	Thursday 17-Aug-16	Friday 18-Aug-16	Saturday 19-Aug-16	Sunday 20-Aug-16	Notes & reminders...
4 wks to go	Rest or light exercise day	optional rest or conditioning day	Fartlek: 10min easy jog, then 5-6 x 2min moderately fast efforts with 1min easy jog or walk between - you are looking to run these efforts a littler faster than your average pace for your 5km run. 5min easy jog after as a jog cool down	optional rest or conditioning day	30min easy run	Complete rest day	35-40min easy run	Struggling for a bit of motivation try arranging to run with others or join one our groups. Www.leemerrienrunning.com/groups
	Monday 21-Aug-16	Tuesday 22-Aug-16	Wednesday 23-Aug-16	Thursday 24-Aug-16	Friday 25-Aug-16	Saturday 26-Aug-16	Sunday 27-Aug-16	Notes & reminders...
3 wks to go	Rest or light exercise day	optional rest or conditioning day	35min run, as 10min easy then 20mins tempo (similar pace to that of your last 15min tempo run) 5min easy jog cool down.	optional rest or conditioning day	30min easy run	Complete rest day	60-65mins easy into aerobic effort run	Struggling for motivation some days - run with a friend or join a group? With a commitment you are more likely to get it done & once completed you will often feel better for it!

	Monday 28-Aug-16	Tuesday 29-Aug-16	Wednesday 30-Aug-16	Thursday 31-Aug-16	Friday 01-Sep-16	Saturday 02-Sep-16	Sunday 03-Sep-16	Notes & reminders...
2 wks to go	Rest or light exercise day	optional rest or conditioning day	repeat the Fartlek from week 3 - run within yourself though so save your energy for the Friday or Saturday 5km?	optional rest or conditioning day	LMR Park 5km (Saumarez Park) 6.15pm start or do - > -> ->	Parkrun - 5km (Pembroke) 9am	40mins very easy run	The last 9-10 days in the lead up the main event should start to see your training tapered back in order to ensure you are fresh and fully recovered from the training you have done.
	Monday 04-Sep-16	Tuesday 05-Sep-16	Wednesday 06-Sep-16	Thursday 07-Sep-16	Friday 08-Sep-16	Saturday 09-Sep-16	Sunday 10-Sep-16	Notes & reminders...
1 wks to go	Rest or light exercise day (max 30' though)	Complete rest day	Light intervals: 10min jog, followed 6-8 x 1min moderate to brisk efforts (keep the efforts a little easier this week though) 1min walk recovery, 5min jog cool down	Complete rest day	20mins very easy jog	Complete rest day	BWCI Mind 10km	In the last week it's worth remembering you are unlikely to get any fitter now - just more tired. Stick to the plans and keep things nice and easy this week - save your energies for the day of the run!

6 Golden rules & tips to follow...

- 1) Warm up thoroughly pre-run.** Prepare your body to run each time, checkout & use our 5min pre-run mobility warm up routine. Link here: https://youtu.be/Z0G6h_eDQDk
- 2) Start your all run very easy** - as well as a pre-run mobility warm up start all runs or training sessions very easy for at least first 5minutes or so.
- 3) Increase training gradually.** Be sensible, running can be tough on the body, follow the plan & build up gradually.
- 4) Be Adaptable** - There is no such thing as the perfect training plan - life takes over sometimes be adaptable & prepared to take easier days or reshuffle the training around if required.
- 5) Set yourself a target** - Working towards a target which is meaningful and challenges you means you are more likely to succeed.
- 6) Don't just run** - Yes more running will improve running fitness but increasing too much too soon could risk injury. Use low or non-impact cross training to also build aerobic fitness & perform strength training exercises particularly for the hips, core & legs to make your more robust and improve your all-round fitness.

Training zone guide:	What it is & what it does
Easy / recovery running (although new runners may still find this challenging)	Easy effort running, can aid recovery but still helps develop aerobic fitness particularly in new runners
Aerobic (a.k.a steady paced conversational running)	Even paced but stronger effort (than easy running) but you should still be able to hold conversation, develops aerobic fitness
Tempo running - moderate effort to brisk effort.	Moderate effort - this will feel challenging but should not be an all out effort supports faster work & develops aerobic side
Aerobic capacity - moderate to high intensity.	harder/faster effort usually done as intervals at approx. 5km race pace & faster develop aerobic capacity & mechanics