

# YOUR 6-WEEK 10K TRAINING PLAN

Training plan created by

**Sheffield Hallam University**

**Active**

**The Children's Hospital Charity**

Registered Charity No. 505002



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p><b>Monday's are a great day to start training!</b> Start out easy with a fitness class at Sheffield Hallam Active or alternatively, try out our HomeFit workout!</p>	<p><b>Slow run</b></p> <ul style="list-style-type: none"> <li>2 minute run at a slow pace</li> <li>1 minute walk</li> </ul> <p>Repeat 10 times.</p>	<p><b>Active rest day</b> Use this day for active recovery. This will be a good time to do some light housework, gardening or going for a brisk walk.</p>	<p><b>Group fitness class day or HomeFit</b></p>	<p><b>Easy run/walk/cycle/swim</b></p> <ul style="list-style-type: none"> <li>30 Minutes in total</li> <li>Easy pace</li> </ul> <p>Don't aim for distance; try a mixture of both running and walking.</p>	<p><b>Rest day</b> Use this time to rest completely. Ensure you drink plenty of water and have a balanced meal. Remember to set up your fundraising page.</p>	<p><b>Long run</b></p> <ul style="list-style-type: none"> <li>30 - 40 minutes in total</li> <li>Easy pace</li> </ul> <p>Run for a long as you can and take walk breaks where needed.</p>
WEEK 2	<p><b>Start the week as you mean to go on!</b> Choose from a group fitness class or HomeFit</p>	<p><b>Slow run</b></p> <ul style="list-style-type: none"> <li>2 minute run at a slow pace</li> <li>1 minute walk</li> </ul> <p>Repeat 5 times.</p>	<p><b>Active rest day</b> Use this day for active recovery. This will be a good time for a brisk walk, some stretching or even just walking up and down stairs.</p>	<p><b>Group fitness class day or HomeFit</b></p>	<p><b>Comfortable run/cycle/swim</b></p> <ul style="list-style-type: none"> <li>30 minutes in total</li> <li>Comfortable pace</li> </ul> <p>Aim to take fewer rest breaks than previous week.</p>	<p><b>Rest day</b> Use this time to rest completely. Consider treating yourself to a sports massage or getting hold of a 'foam roller'.</p>	<p><b>Long run</b></p> <ul style="list-style-type: none"> <li>40-50 minutes in total</li> <li>Comfortable pace</li> </ul> <p>Run for a long as you can and take walk breaks where needed.</p>
WEEK 3	<p><b>Start the week as you mean to go on!</b> Choose from a group fitness class or HomeFit</p>	<p><b>Moderate run</b></p> <ul style="list-style-type: none"> <li>4 minutes run at a moderate pace</li> <li>2 minute walk</li> </ul> <p>Repeat 5 times.</p>	<p><b>Zen day!</b> Try to attend a Yoga or Pilates session.</p>	<p><b>Group fitness class day or HomeFit</b></p>	<p><b>5k run</b> Set yourself a distance of 5K and run at a comfortable, steady pace.</p>	<p><b>Rest day</b> Use this time to rest completely. This week you might start to feeling tired so aim to get at least 8 hours sleep.</p>	<p><b>Long run</b></p> <ul style="list-style-type: none"> <li>40-50 minutes in total</li> <li>Comfortable pace</li> <li>Fast pace for the last 5 minutes</li> </ul> <p>Aim to take fewer rest breaks than previous week.</p>
WEEK 4	<p><b>Start the week as you mean to go on!</b> Choose from a group fitness class or HomeFit</p>	<p><b>Fast run</b></p> <ul style="list-style-type: none"> <li>6 minutes run at a fast pace</li> <li>2 minute walk</li> </ul> <p>Repeat 5 times.</p>	<p><b>Zen day!</b> Try to attend a Yoga or Pilates session.</p>	<p><b>Group fitness class day or HomeFit</b></p>	<p><b>5k run</b> This week aim to run the same 5K route at a faster pace than the previous week.</p>	<p><b>Rest day</b> Use this time to rest completely. Try a practice of your race day breakfast to easy stress on the day.</p>	<p><b>Long run</b></p> <ul style="list-style-type: none"> <li>5K at fast pace</li> <li>Walk for 5 minutes</li> <li>2K at comfortable pace.</li> </ul>
WEEK 5	<p><b>Start the week as you mean to go on!</b> Choose from a group fitness class or HomeFit</p>	<p><b>Intense run</b></p> <ul style="list-style-type: none"> <li>8 minutes run at a faster pace</li> <li>2 minute walk</li> </ul> <p>Repeat 5 times.</p>	<p><b>Rest day</b> Time to get ready for the race and take advantage of rest! Use this time to keep up to date with social media and share your page.</p>	<p><b>Group fitness class day or HomeFit</b></p>	<p><b>5k run</b> Plan a new route (try to include some hills) and aim to complete the course in a faster time than the previous week.</p>	<p><b>Rest day</b> Use this time to rest completely. Make sure you try on your race day outfit and check everything feels comfortable.</p>	<p><b>Long run</b></p> <ul style="list-style-type: none"> <li>5K at fast pace</li> <li>Walk for 3 minutes</li> <li>3K at comfortable pace.</li> </ul>
WEEK 6	<p><b>You've made it to the final week!</b> Choose from a group fitness class or HomeFit</p>	<p><b>Fast pace run</b></p> <ul style="list-style-type: none"> <li>4 minutes run at a fast pace</li> <li>2 minute walk</li> </ul> <p>Repeat 5 times.</p>	<p><b>Rest day</b> Race day is almost upon us. Give social media one last boost and let people know the good you are doing for a great cause!</p>	<p><b>Group fitness class day or HomeFit</b></p>	<p><b>Recovery run</b></p> <ul style="list-style-type: none"> <li>3-5K</li> <li>Easy pace</li> </ul>	<p><b>Rest day</b> Eat plenty of carbs, have an early night and prepare your outfit for the big day!</p>	<p><b>RACE DAY!!</b> Rise early and have a good breakfast high in carbs and protein 2 hours prior to race. Enjoy the race, the hard work has already been done!</p>

# HOMEFIT WORKOUT

SET ONE	SET TWO	SET THREE
Jogging on the spot for 30 seconds	30 seconds of high kicks	30 seconds skipping
20 squats	30 seconds plank	12 triceps dips
20 alternate lunges	12 crunches	12 press ups
Rest for 30 seconds and repeat once	Rest for 30 seconds and repeat once	Rest for 30 seconds and repeat once

Watch the HomeFit video on the SHU Active YouTube channel

Find out more about Hallam Active Gyms, our facilities and classes by visiting [shu.ac.uk/active](http://shu.ac.uk/active)

## Injury Prevention Advice

Shin splints, stress fractures, plantar fasciitis, dehydration and overheating are all common injuries that affect runners, almost makes you not want to run. However, by following our few simple guidelines you can help prevent these ailments.

- Know your body - pushing yourself is good but when you feel a days training will do more harm than good, it's time for a rest day.
- Train to your level - don't rush to run long distances, build up slowly.
- Warm up and cool down - don't skip these steps. Preparing your body is key.
- Best times to eat - try to eat around 2 hours before training; include carbs to keep you going.
- Stay hydrated - water helps to maintain and regulate our bodies temperature.
- Dress smart - while we don't suggest you wear a suit, what you wear is really important. Make sure your running shoes support your ankles, tie your laces and wear breathable clothing.

## Race Day Help

Stay calm! Race day nerves can creep in the previous night and affect sleep. Avoid this by controlling your breathing for 5-10 minutes (in for 4 seconds and then out for 4 seconds) before bed and avoid caffeine 4 hours before sleep.

On the day, relax, take in the atmosphere and enjoy it! This is the easy part, the hard work has been done. Have a good breakfast 2 hours before, porridge, bagel and eggs or yoghurt and granola are all great choices. Also, make sure you drink 250-500ml of water 20 minutes before the start of the run.

Run at your pace and try to avoid sprinting the first mile, remember slow and steady wins the race! No matter how hard it gets just remember the reason you decided to run.

## Diet Tips

Complex carbs, monounsaturated fats, glucose and macros; buzz words spouted by the fitness fanatics around the world that make the rest of us feel inadequate. Below are our hints and tips to make sure you are eating the right foods to help your race.

- Carbohydrates provide the fuel to keep you going over a long period. Choose from grains, bread, pasta and potatoes to keep you going through to the end of your race.
- Protein helps to prevent injury and aids muscle and tendon repair; choose lean proteins like chicken, eggs, nuts and fish.
- Water and glucose drinks - yes, this sounds like common sense but making sure you're hydrated while training and on race day will really help. Drink water throughout the day to keep fluid levels up and drink glucose drinks on race day to replace and replenish the electrolytes that are lost through sweating.

## Ten essential foods for runners

1. Oats
2. Sweet potato
3. Green vegetables
4. Milk
5. Bananas
6. Fish
7. Chicken
8. Basmati Rice
9. Tomatoes
10. Whole-wheat pasta

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