

10 WEEKS TO 10K



**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH



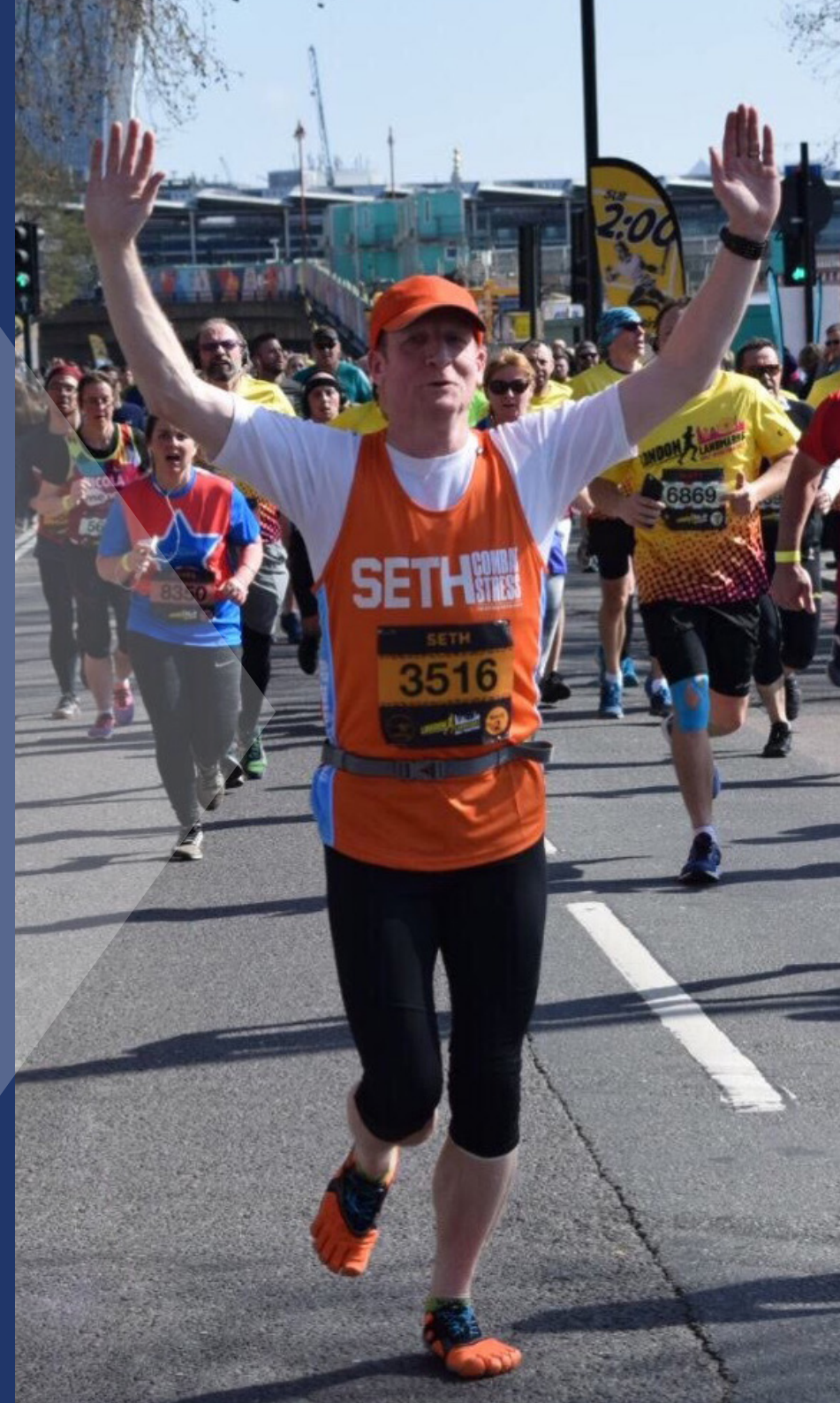
SIGNED UP FOR A 10K?

WE'RE HERE TO HELP

Well done for signing up to take on a 10km run – we're here to help you reach the finish line. This training plan has been put together by our partners Boot Camp UK and is designed to help you prepare and feel confident for the big day.

The days of the week in the plan are not fixed and are only a suggestion. This plan needs to work around your schedule but try to ensure a run day is followed by a rest day – this will help prevent injury and will maximise the impact of your training days.

So before you get started, read on for our top training tips for taking on a 10k.





TRAINING GEAR »

Before starting your training journey, it's worth having a look at your running kit to make sure you're fully prepared and comfortable for the next few weeks of training.

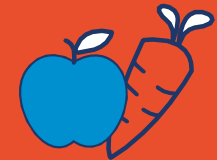
A good pair of well-fitting running shoes that suit your running style are a must.

Pair this with a quality pair of running socks and breathable/ sweat wicking running clothes and you're good to go!

On race day, remember to wear clothes that you've trained in to avoid surprise blisters and chafing... no one wants that on race day!



FOOD IS YOUR FUEL »



As a runner it's important to remember food is your fuel.

Nutrition for runners is about delivering enough energy to the working muscles to allow you to complete your sessions, as well as aiding recovery and developing strength.

Do your research beforehand and make sure you're fuelling your body with the right protein, healthy fat and high-quality carbohydrates.

MIX IT UP >>



You may be training for a running event but by adding some cross training into your plan, you'll be helping to build your fitness and strength which will help you remain injury free. Bonus!



On a rest day, or low mileage day, look to add in some light cycling, swimming, or strength training into your plan.



WARM UP AND COOL DOWN



It is always tempting to skip a warm-up or cool down and get straight to it. We know the feeling but it's important not to! Both are vital in reducing muscle soreness and the risk of injury, so be sure to add both a warm-up and cool down to your training days.

With your warmup, you should be looking to do dynamic stretches to get the blood flowing and your muscles warm. With your cool down, a gentle jog, static stretches and foam rolling will help bring your body back to a resting state and reduce the build of lactic acid, so you feel fresh for your next run.

TRAINING PLAN

Our training plan will help you build up to 10k in 10 weeks.



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
MON	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.	Walk/run 30 mins, however you want Take note of the steps taken if you have a tracker.
TUES	Walk 5 mins Run 5 mins easy Walk 2 mins Run 5 mins easy Walk 5 mins	Walk 5 mins Walk/run 8 mins Walk 2 mins Walk/run 8 mins Walk 5 mins	Walk 5 mins Walk/run 20 mins easy Walk 5 mins	Run 30 mins easy	Run 30 mins easy	Run 35 mins easy	Run 35 mins easy	Run 40 mins easy	Run 40 mins easy	Run 30 mins easy
WED	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST
THUR	Walk 5 mins Run 5 mins easy Walk 2 mins Run 5 mins easy Walk 2 mins Run 5 mins easy Walk 5 mins	Walk/run 10 mins Walk 2 mins Walk/run 10 mins Walk 2 mins	Run 5 mins easy, (run for 1min steady, walk 2 mins to recover) repeat 5 times Run 5 mins easy	Run 5 mins easy, (run 2 mins steady, walk/jog recovery 2 mins) repeat 5 times Run 5 mins easy	Run 5 mins easy, (run 3 mins steady, walk/jog recovery 2 mins) repeat 5 times Run 5 mins easy	Run 10 mins easy, (run 4 mins steady, walk/jog 1min) repeat 5 times Run 10 mins easy	Run 10 mins easy, (run 5 mins steady, walk/jog 30 secs) repeat 6 times Run 10 mins easy	Run 10 mins easy, (run 6 mins steady, walk/jog 30 secs) repeat 6 times Run 10 mins easy	Run 10 mins easy, (run 10 mins steady, run 2 mins easy) repeat 3 times Run 10 mins easy	REST
FRI	REST	REST	REST	REST	REST	REST	REST	REST	REST	Run 20 mins easy
SAT	Run 10 mins easy Walk 5 mins Run 10 mins easy Walk 5 mins	Walk 5 mins Walk/run (easy and continuously) 20 mins Walk 5 mins	Walk/run 30 mins easy	Run 40 mins easy	Run 25 mins easy Walk 3 mins Walk/run 25 mins continuously	Run 30 mins easy Walk/run 30 mins continuously	Run 40 mins continuously Walk/run 30 mins	Run 70 mins continuously It's OK to include short walk breaks!	Run 50 mins easy	REST
SUN	REST	REST	REST	REST	REST	REST	REST	REST	REST	Light jog 10-15 mins Take it easy before Race Day!

10 KM RACEDAY

For more information about easy and steady runs please see next page.

EASY OR STEADY RUNS? >>

When you follow the training plan, you'll see references to easy runs and steady runs. Here we explain what these terms mean.

EASY RUNS

These are slow runs or jogs. During an easy run you should feel relaxed.

You should be breathing comfortably and be capable of holding a conversation throughout the run. If you can't, you're going too fast – slow down and walk if necessary.

An easy run should feel comfortable and is a natural progression from your walk/jog/walk introduction. Many of your first runs will be easy runs as you build and progress through this beginner's programme. However, as you improve, your easy runs will start to feel easier and you'll want to include other types of running in your sessions.



STEADY RUNS

During a steady run, conversation is still possible but it's certainly harder to keep it flowing.

You should feel in control: a steady run should feel manageable but require some work and concentration. You might only be able to manage short periods to begin with but, as your fitness builds, your ability to run for longer at a steady pace will improve.

★ **GOOD LUCK** ★
and remember
we're here for you
every step of the way!

For support or if you just fancy a chat, email us at challenges@combatstress.org.uk or call 01372 587 140.

combatstress.org.uk



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