



10KM RUN/JOG TRAINING PLAN

Thank you for signing up to take part in a physical challenge in aid of Arthritis Ireland. This couch to 10km training plan will help you with your training goals and will help you complete your 10km challenge.

As with any training or exercise programme, we would advise that you contact your doctor to get the all clear before starting any new programme, or if you haven't exercised in a while. If you feel any discomfort or pain when exercising, stop and if it persists, seek medical attention.

Starting slow-

Always walk for 5 minutes slow and easy to warm up before each session and again to cool down after each session. This is included in the session times.

Week One;

Session 1: 34 mins. 5 mins warm up & cool down. Run 1 minute, walk 2 minutes. Repeat 8 times.

Session 2: 28 mins. 5 mins warm up & cool down. Run 1 minute, walk 2 minutes. Repeat 6 times.

Session 3: 31 mins. 5 mins warm up & cool down. Run 1 minute, walk 2 minutes. Repeat 7 times.

Training Tip; wear comfortable clothes & shoes. You don't have to spend a fortune to start off. A good fitting pair of runners is really all you need to start.

Week Two

Session 1: 38 mins. 5 mins warm up & cool down. Run 2 minutes. Walk 2 minutes. Repeat 7 times.

Session 2: 31 mins. 5 mins warm up & cool down. Run 1 minute. Walk 2 minutes. Repeat 7 times.

Session 3: 34 mins. 5 mins warm up & cool down. Run 2 minutes. Walk 2 minutes. Repeat 6 times.

Training Tip: If you are running outside at dawn or dusk, remember to wear bright clothes and a hi-vis vest. Especially if you live in a place where the street lighting isn't that good.

Week Three

Session 1: 45 min. 5 mins warm up & cool down. Run 3 minutes. Walk 2 minutes. Repeat 7 times.

Session 2: 34 min. 5 mins warm up & cool down. Run 2 minutes. Walk 2 minutes. Repeat 6 times.

Session 3: 40 min. 5 mins warm up & cool down. Run 3 minutes. Walk 2 minutes. Repeat 6 times.

Training Tip: Wear layers when you are exercising so that if you get too warm, you can remove a layer without getting too cold.

Week 4 - EASY RECOVERY WEEK

Session 1: 40 min. 5 mins warm up & cool down. Run 3 minutes. Walk 2 minutes. Repeat 6 times.

Session 2: 30 min. 5 mins warm up & cool down. Run 2 minutes. Walk 2 minutes. Repeat 5 times.

Session 3: 40 min. 5 mins warm up & cool down. Run 2 minutes. Walk 3 minutes. Repeat 6 times.

Training Tips: Train with friends. When you train with a group, you tend to do a little bit more and find the time passes quicker than when you are on your own. Why not get a group together, train and raise funds for Arthritis Ireland.

Week 5

Session 1: 46 min. 5 mins warm up & cool down. Run 3 minutes. Walk 1 minute. Repeat 9 times.

Session 2: 34 min. 5 mins warm up & cool down. Run 2 minutes. Walk 1 minute. Repeat 8 times.

Session 3: 42 min. 5 mins warm up & cool down. Run 3 minutes. Walk 1 minute. Repeat 8 times.

Training Tip: You need to keep your hydration levels up as you are running more and more. Remember to drink lots of water during the day and especially on the days you are running. Think about carrying a small fun-size water bottle with you. Or invest in a special water bottle with a strap for easy carrying.

Week 6

Session 1: 52 min. 5 mins warm up & cool down. Run 5 minutes. Walk 1 minute. Repeat 7 times.

Session 2: 38 min. 5 mins warm up & cool down. Run 3 minutes. Walk 1 minute. Repeat 7 times.

Session 3: 50 min. 5 mins warm up & cool down. Run 3 minutes. Walk 1 minute. Repeat 10 times.

Training Tip: As you are increasing your time that you are running, think of investing in a good pair of running socks from a running store. They aren't too expensive and can help prevent blisters as you spend more and more time on your feet.

Week 7

Session 1: 54 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. Repeat 4 times.

Session 2: 40 min. 5 mins warm up & cool down. Run 4 minutes. Walk 1 minute. Repeat 6 times.

Session 3: 52 min. 5 mins warm up & cool down. Run 5 minutes. Walk 1 minute. Repeat 7 times.

Training Tips: Keep a training log of the miles and runs that you are doing. Write down how you feel during your runs. Do you find it better to train in the morning, or evening? What time is your event at? Try to train at the same time as your race.

Week 8 *EASY RECOVERY WEEK

Session 1: 54 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. Repeat 4 times.

Session 2: 38 min. 5 mins warm up & cool down. Run 3 minutes. Walk 1 minute. Repeat 7 times.

Session 3: 46 min. 5 mins warm up & cool down. Run 5 minutes. Walk 1 minute. Repeat 6 times.

Training Tip: Eat the Rainbow. As you are running more, make sure that you are eating well and you will feel better on the whole. Include lots of fruit and vegetables in your diet. Remember to leave time between your meal & training.

Week 9

Session 1 - 68 min. 5 mins warm up & cool down. Run 10 minutes/walk 1 minute; Run 15 minutes/walk 1 minute. Run 20 minutes/walk 1 minute. Run 10 minutes.

Session 2 - 46 min. 5 mins warm up & cool down. Run 5 minutes. Walk 1 minute. Do this 6 times.

Session 3 - 54 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. Do this 4 times.

Training Tip: Posture Perfect. Be mindful of your posture when you are running. Are your shoulders up around your ears? Try to picture your shoulders falling away from your ears while keeping your back straight. Try not to bend from your waist either.

Week 10

Session 1 - 72 min. 5 mins warm up & cool down. Run 10 minutes/walk 1 minute. Run 20 minutes/walk 1 minute. Run 30 minutes.

Session 2 - 54 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. x 4 times.

Session 3 - 57 min. 5 mins warm up & cool down. Run 20 minutes/walk 1 minute. Run 15 minutes/walk 1 minute. Run 10 minutes.

Training Tip: Breathe Easy. When you are running, concentrate on your breathing. Try to regulate your breathing by making your in breath the same duration as your out breath.

Week 11

Session 1 - 71 min. 5 mins warm up & cool down. Run 40 minutes. Walk 1 minute. Run 20 minutes.

Session 2 - 54 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. x 4 times.

Session 3 - 57 min. 5 mins warm up & cool down. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes.

Training Tip: If you are training outside, make sure that you are wearing sunscreen. Even if it is cloudy outside (and let's face it, in Ireland it is more cloudy than sunny) you still need to be mindful about protecting your skin from the elements and the sun's rays.

Week 12 *EASY VOLUME WEEK

Session 1 - 60 min. 5 mins warm up & cool down. Run 50 minutes.

Session 2 - 43 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. Do this 3 times.

Session 3 - 52 min. 5 mins warm up & cool down. Run 15 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes.

Training Tip: You are nearly at race week. Why not send a reminder to your friends, family and colleagues about the race and why you are taking part. By sending them a link with your personalised online fundraising page from Arthritis Ireland, they can donate to you and leave you a message of support.

Week 13

Session 1 - 50 min. 5 mins warm up & cool down. Run 40 minutes.

Session 2 - 43 min. 5 mins warm up & cool down. Run 10 minutes. Walk 1 minute. x 3 times.

Session 3 -Event Day 10K: have fun, and take care not to start out too quickly.

Training Tip: Lay out all your clothes for the race the night before to avoid any panics on race day. Don't wear new clothes or runners for the race. You don't want to have any blisters or discomfort affecting your enjoyment of the race.

And remember – you are part of a great team of people who are raising funds for Arthritis Ireland. Have fun & be proud of your achievements.

This training plan is a suggested plan. If you haven't taken part in any sport for a while, please consult your doctor before starting. For advice and information on training and exercise, visit www.arthritisireland.ie