

5K AND 10K TRAINING PROGRAMME

Train Your Body And Mind To Do It!

Distance: 5K (3.1 miles) or 10K (6.2 miles)

The Get Kids Going! 5k and 10k training programme has kindly been designed by the London Fitness Consultancy for all our runners. The programme is designed for both complete beginners, starting out with a short jog, to experienced runners who need the help of a professional training programme. It is also very useful for runners who run regularly and take part in a number of 5k and 10k races throughout the year. If you have taken up the challenge of running then please read this training programme to discover how you can train correctly and enjoy your running. The idea is to train the body and mind to do it and eliminate as many factors as possible that might stop you.

If you are already running on a regular basis then you can adapt the programme accordingly by fitting into the relevant week. If you are a beginner, this is a soft training programme whereby you can start slowly. You may also want to tell your GP of your intentions. You might be intending to walk or jog to achieve your distance so, be prepared to walk or jog in your training. Interval training is a great way to build up your fitness and distance. Please follow the guidelines given below. This 10 week programme will help you to conquer your running goals anywhere in the world! We hope you enjoy your training. If you need any help or advice please contact Get Kids Going! on tel; 0207 481 81 10 or email - info@getkidsgoing.com

WEEK	1	2	3	4	5	6	7	8	9	10
MON	RD	RD	RD	RD	RD	RD	RD	RD	RD	RD
TUE	1 M E	2 M E	1M (2k)	1M (2k)	1M (2k)	1M (2k)	1M (2k)	1M (2k)	1M (2k)	1M (2k)
WED	1/2 M E	1 M E	4x400 m	3x200m 2x400m 1x600m	10x300 m	3x200m 3x400m 3x600m 3x800m	40min Fartlek	RD	RD	RD
THU	RD	RD	RD	RD	RD	RD	RD	8x800m	RD	RD
FRI <small>interval sessions</small>	2x1 min	4x1 min	6x400 m	5x400 m	20min Fartlek	8x400m Uphill Work	3x200m 3x400m 3x600m 3x800m	RD	6x800m	3 M S (4-5k)
SAT	RD	RD	RD	RD	RD	RD	RD	RD	RD	RD
SUN	1/4 M S	1/2 M S	1M (1-2k)	2 M (2-3k)	3 M (4-5k)	3 M (4-5k)	4 M (5-7k)	5 M (8k)	4 M (5-7k)	Race Day 10k (6.2 miles) Good Luck!
M = Mile m = metres		S = steady		E = easy		min = minutes		sec = seconds		RD = Rest Day

Fartlek - A Finnish word for Speed Play - which means going out for a run making it up as you go, mixing fast with slow, walk with run, hills with flat.

Interval Sessions/Training - These help to improve your fitness and increase your pace. Run them at a pace which means you can complete the session. For one minute efforts recover for one minute with a walk. Equate the recovery time to the effort time on the other sessions.