

Pancreatic
Cancer
UK



10k Training Plan

Welcome to the team

Thank you so much for signing up to run a 10k for Pancreatic Cancer UK.

This plan has been designed by Fitness Aspirations Limited. It is an 8-week progressive plan which has been designed and written for a beginner, or novice, runner who's looking to complete their first 10k. Before starting the plan, you should be able to run or run/walk for 15 minutes. An example of a run/walk ratio would be running for 30 seconds and walking for 90 seconds. Early on in your training, walk any hills if you need to.

Your training needs to fit in with your availability to train each week. Think carefully about your work, family and social commitments. The goal is to:

“Structure your training into a busy lifestyle, maximizing its benefits while reducing your chances of injury”

Fitness Aspirations is led by Phil Robertson. Phil has worked closely with a large number of charities of the past 10 years, helping charity runners achieve their aims, educating them around his concept of PreFormance®. Phil has a Sports Science Degree and has numerous qualifications including NLP and Biomechanics Coaching. Phil juggles a young family and the business whilst maintaining a fit and healthy lifestyle.

@PhilRoberton

Sports Science BSc / Level 5 Biomechanics Coach / NLP Practitioner / Clinical Hypnotherapist

Understanding the plan



What should I do when I'm not running?

Keeping the body moving helps to move blood and keeps your muscles healthy so it's very important for your recovery. Walking is a great thing to do every day. Taking the stairs instead of the escalator and working on your core exercises can help prepare you for your next training session.



The Importance of Sleep

Sleep is the only time your body can recharge and repair. It's important to listen to your body, and potentially adapt your running plan to accommodate for sleep. If you had a bad night's sleep or just didn't get much then it may not be the best time to tackle a huge workout. Bringing the intensity and duration down a little is the smart thing to do.



Why is Strength Training so Important?

Strength training has many benefits. It can help with efficiency and help you run more. Getting into a routine of strength training 1-2 times a week with basic movements can really help with injury prevention and running fitness.

Squatting movements

help to strengthen the legs (Squats, deadlifts, lunges etc.)

Pulling movements

help to strengthen the back (chin-ups, rows, reverse fly etc.)

Pushing movements

help to strengthen the front (press-ups, bench press, pec fly etc.)

The calves are going to work hard when you run and so it's worth adding some strength exercises for these muscles. This will help to build a strong base and may help to prevent some injuries along the way.

Disclaimer:

Always warm up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime. Whilst this plan has been designed to be appropriate, and of benefit to runners, Fitness Aspirations Ltd (and Pancreatic Cancer UK) shall not be held responsible for any loss or injury that is incurred through the use of the information or exercises within this document. In using the information contained within this document, you hereby agree to the above terms.

How to measure the output of my sessions

There are a number of ways to measure the intensity of your training sessions.

A great way for most of us to measure the level of our output, is using an RPE scale. A Rate of Perceived Exertion. The RPE scale is a rating scale ranging from 1 to 10. The numbers on the scale correspond to descriptive statements that rate how hard or difficult you find an exercise or physical activity.

Use the table below to get an understanding of your training efforts, and make sure you keep tabs on your RPE for your workouts on your training plan.

RPE (1-10)	Description	Heart Rate
2-4	Normal/nearly normal breathing should make up the bulk of your training. I would encourage nasal only breathing.	60-70%
4-6	Heavy breathing, but you can still hold a conversation. Still fairly comfortable, the pace is controlled, and can become challenging with more time.	70-80%
7-8	Short of breath, but you can still speak a sentence.	80-85%
8-9	Breathing is very challenging and you can only speak a few words at once. You won't be able to maintain this level for long.	85-90%
10	As hard as you can go, and no ability to talk. This is rarely reached in training but you will reach it as you cross the finishing line of your race.	90-100%

Just note that this is just a guide as there are a number of individual factors (such as fitness, age, stress levels, etc) which can affect heart rate and perceived exertion.

Week 1 to 8

You're ready to start your 8 week training plan.

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1							
Session type	Run	Rest	Run	Rest	Run	Rest	Run
Training	15 mins (5 min fast walk / 30 sec run 90 sec walk x5)		15 mins (5 min fast walk / 30 sec run 90 sec walk x5)		15 mins (5 min fast walk / 30 sec run 90 sec walk x5)		15 mins (RPE 2-4)
Week 2							
Session type	Run	Rest	Run	Rest	Run	Rest	Run
Training	15 mins (5 min fast walk / 30 sec run 90 sec walk x5)		15 mins (5 min fast walk / 30 sec run 90 sec walk x5)		15 mins (5 min fast walk / 30 sec run 90 sec walk x5)		15 mins (RPE 2-4)
Week 3							
Session type	Run	Rest	Run	Rest	Run	Rest	Run
Training	20 mins (5 min fast walk / 1 min run 2 min walk x5)		20 mins (5 min fast walk / 1 min run 2 min walk x5)		20 mins (5 min fast walk / 1 min run 2 min walk x5)		20 mins (RPE 2-4)
Week 4							
Session type	Run	Rest	Run	Rest	Run	Rest	Run
Training	20 mins (90 sec walk 30 sec run x10)		20 mins (90 sec walk 30 sec run x10)		20 mins (90 sec walk 30 sec run x10)		30 mins (RPE 2-4)

Week 1 to 8 (continued)

	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 5							
Session type	Rest	Run	Gym/Rest	Run	Gym/Rest	Run	Run
Training		20 mins (60 sec walk 60 sec run x 8)	Core, Legs, Glute / Crosstraining	20 mins (60 sec walk 60 sec run x 8)	Core, Legs, Glute / Crosstraining	25 mins (Brisk Walk)	40 mins (RPE 2-4)
Week 6							
Session type	Rest	Run	Gym/Rest	Run	Gym/Rest	Run	Run
Training		16 mins (60 sec walk 60 sec run x 8)	Core, Legs, Glute / Crosstraining	16 mins (60 sec walk 60 sec run x 8)	Core, Legs, Glute / Crosstraining	25 mins (Brisk Walk)	50 mins (RPE 2-4)
Week 7							
Session type	Rest	Run	Gym/Rest	Run	Gym/Rest	Run	Run
Training		20 mins (60 sec walk 60 sec run x 10)	Core, Legs, Glute / Crosstraining	20 mins (60 sec walk 60 sec run x 10)	Core, Legs, Glute / Crosstraining	25 mins (Brisk Walk)	60 mins (RPE 2-4)
Week 8							
Session type	Rest	Run	Gym/Rest	Run	Gym/Rest	Run	Run
Training		20 mins (60 sec walk 60 sec run x 10)	Core, Legs, Glute / Crosstraining	20 mins (60 sec walk 60 sec run x 10)	Core, Legs, Glute / Crosstraining	25 mins (Brisk Walk)	60 mins (RPE 2-4)

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