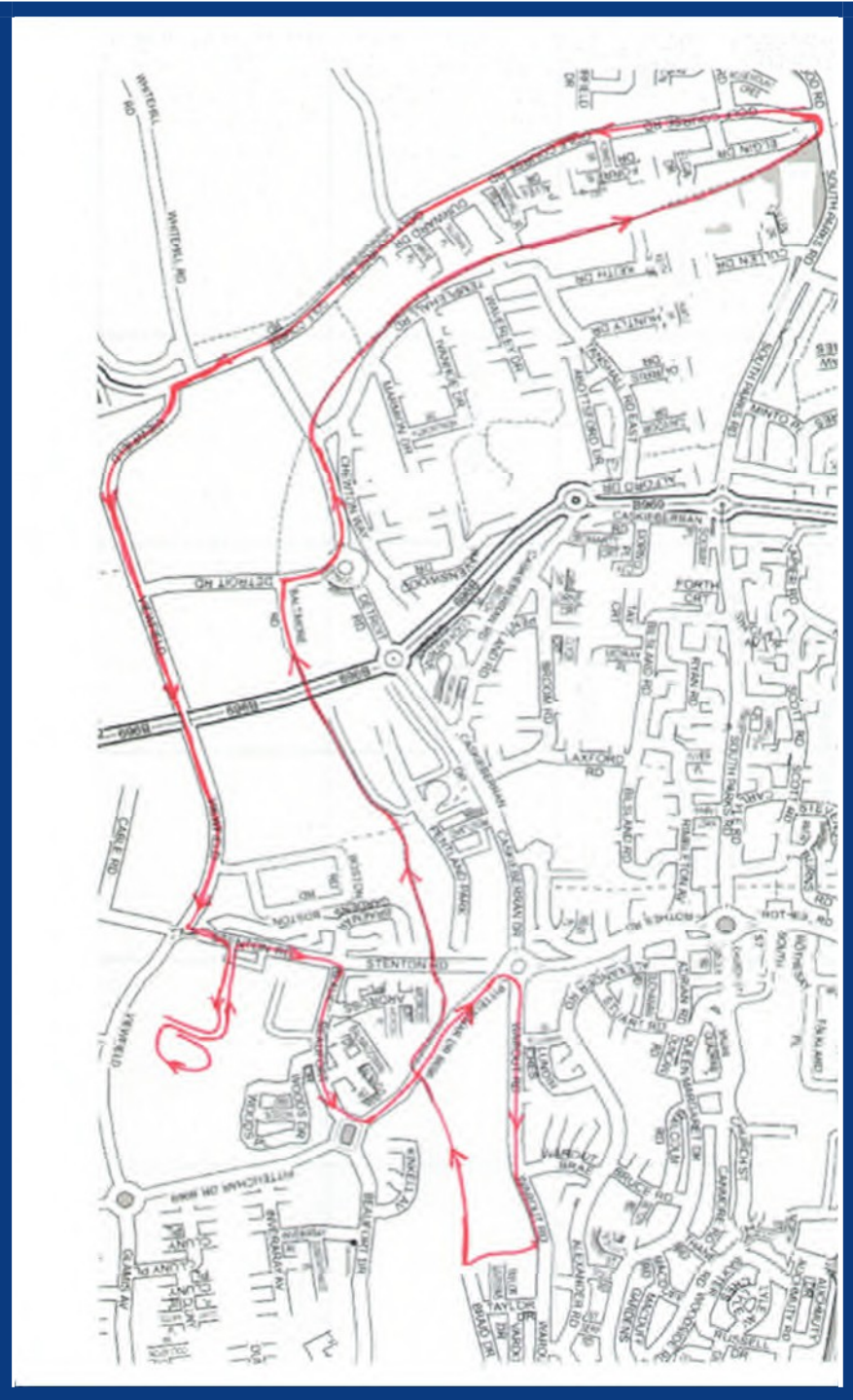


10K Road Race Route



Glenrothes

Road Running Festival

Michael Woods
Sports and Leisure Centre, Glenrothes

**10K Road
Race**

A Twelve Week
Training Guide for
Novice Runners
10.30am

Family Entertainment and Attractions from 9.30am
For further information Tel: 01592 583305
Email: glenrothes.rr.festival@gmail.com
<http://www.fifeleisure.org.uk/events/roadrunning.html>

10K Road Race

A 12 week training guide for novice runners

Entry to the programme can be at any level

Safety

- Wear light coloured or reflective clothing
- Run under street lights
- If you must run on roads, face oncoming traffic
- Inform someone of your planned route and estimated time

Shoes

- Use a recognised running shoe with a cushioned heel and sole
- DO NOT use a shoe with a thin inflexible heel and sole

Technique

- As a novice you should run very slowly in order to run longer and further

Fuel

- 1.5 - 2 hours prior to training, ensure you have eaten a light snack
- Ensure you drink plenty of water prior to your training session

10K Road Race

Wk 1	5 sessions Fast walk for 30 seconds, jog for 30 seconds, slow/medium walk - recovery 60 seconds Follow sequence 10 times (20 minutes total duration)	Wk 7 3 runs 1 @ 20 minutes 1 @ 30 minutes 1 @ 40 minutes
Wk 2	5 sessions Jog for 60 seconds, walk for 60 seconds. Follow sequence 10 times (20 minutes total duration)	Wk 8 3 runs 1 @ 30 minutes 1 @ 40 minutes 1 @ 50 minutes
Wk 3	5 sessions Jog for 2 minutes, walk for 1 minute. Follow sequence 10 times (30 minutes total duration)	Wk 9 3 runs 1 @ 40 minutes 1 @ 50 minutes 1 @ 60 minutes
Wk 4	5 sessions Jog for 4 minutes, walk for 1 minute. Follow sequence 5 times (25 minutes total duration)	Wk 10 3 runs 1 @ 50 minutes 1 @ 60 minutes 1 @ 70 minutes
Wk 5	3 - 5 sessions Jog for 6 minutes, walk for 30 seconds. Follow sequence 5 times (32.5 minutes total duration)	Wk 11 3 runs 1 @ 60 minutes 1 @ 70 minutes 1 @ 80 minutes
Wk 6	3 runs 1 @ 15 minutes 1 @ 20 minutes 1 @ 30 minutes	Wk 12 Monday 30 minutes Wednesday 30 minutes Sunday 10K