



WaterAid

10km – cracking the distance

10km is a distance that needs to be respected but it's also very achievable for most runners to train well for whilst still balancing a busy home and work life. It might feel like a big step up if you are new to running but with a careful build up and some structure you can find yourself

* **Plan to succeed** – Training becomes a great deal easier once you've booked in your race and made a commitment. Giving yourself **10-12 weeks** look ahead to the Bupa date and see where life might get in the way – holidays, work or family commitments and plan to adapt your training to these.

* **Ring fence your training time** – Download a beginners or intermediate plan from WaterAid and then set **aside those training hours** each week in your diary. Plan to do some of your runs in the morning, as reasons to not run stack up during the day!

* **Variety gives you spice** – whilst just getting out and aiming to run further at a slow or steady pace is an important aspect of your training including faster running as **interval sessions** will give your fitness a quick boost! If your normal run represents a 6-7/10 effort aim to include some running at 8/10 in blocks of up to 10 minutes, and some 9/10 efforts in blocks of 1-3 minutes, using fast walking as recovery.

* **Patience wins** – Don't aim to get out of the door and nail that full 10km immediately. Starting with a **run/walk strategy** can be a highly effective way of ensuring you build up sustainably. For example run 5 minutes, walk 2-3 minutes, progressing to run 10 minutes walk 2-3 minutes will see you rapidly progressing to running much longer, sustained blocks.

* **Break it down** – 12 weeks makes your goal appear a long way off. Set yourself an intermediate goal of completing a **5km time trial or parkrun** (www.parkrun.org.uk) 6-7 weeks into your plan. It will help keep you focused!

* **Change your scenery** – Change up your usual running routes, get **off road and include some hills** to challenge your body differently. Your body loves routine and plateaus easily. Shake things up and keep your muscles, and brain guessing.

* **Keep it social** – Aim to get family, friends and work colleagues to train with you by signing up to. The **group motivation** really can help push you forward. If you can't push your family off the couch check out www.runengland.org to find local running groups run by a qualified leader.