



### PULSE PERFORMANCE 10KM BEGINNERS TRAINING PLAN

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Stretch and Roll	4km easy	CT or Strength	4km easy	Stretch and Roll	4km easy	5km easy
2	S and R	4km easy	CT or Strength	4km easy	S and R	4km easy	6km easy
3	S and R	5km easy	CT or Strength	5km easy	S and R	4km easy	6km easy
4	S and R	4km with hills( 5x 30 sec with walk down recovery)	CT or Strength	4km easy with 1km faster	S and R	5km easy	5km easy
5	S and R	5km with hills ( 7x 30 sec with walk down recovery)	CT or Strength	4km easy	S and R	4km easy	7km easy
6	S and R	4km easy	CT or Strength	3km easy with 2km faster	S and R	4km easy	7km easy
7	S and R	5km with hills ( 5 x 45 sec with walk down recovery)	CT or Strength	5km easy	S and R	4km easy	8km easy
8	S and R	5km with hills ( 8 x 45 sec with walk down recovery)	CT or Strength	3km easy with 2km faster	S and R	4km easy	9km easy
9	S and R	5km easy	S and R	5km easy	S and R	4km easy with 1km faster	6km easy
10	S and R	3km easy with 2km faster	S and R	5km easy	S and R	4km easy with 1km faster	Neuroblastoma 10k

This training plan will get you running the Neuroblastoma 10 km in just 10 weeks.

If you have never completed a 10km event, then this training program is for you. If you have completed, many park runs or can easily complete 5km in under 30mins and want to run sub 55min 10km then check out our **Intermediate training plan**.



Remember everyone is an individual and will improve at different times due to the different level of fitness. This training plan has been designed for those who have already completed a 5km event or park run, this general program should give you all the stamina and endurance you will need to complete the Neuroblastoma 10km event.

If you are new to running, we strongly recommend you check out our 5km training plans and enter the Neuroblastoma 5km before stepping up to the 10km.

Our 10-week training plan is just a guide, so feel free to make it work for you. But remember to try stick with the plan if it suits you and don't add any extra k's or start off with too much too soon, this is one of the biggest mistakes people make that demotivates people or causes injury.

### **Training days information:**

**Rest:** Rest days are just as important as training days and provide an opportunity for your body to recover and your muscles to build in strength. Improvement depends on how well you recover. As a beginner, if you don't have enough recovery you are more than likely to get injured.

**Hills:** Are scheduled for Tuesdays, try to avoid stairs. The neuroblastoma has a few nasty hills so this plan will get you ready to tackle the hills head on. Hills are a great way to build leg strength and running technique. Being a beginner you need to build up slowly and not sprint the hills, jog them at 70%, no faster and walk back down. Running down hills places lots of stress on your knees and joints, only run the down hills once you become an intermediate or advance runner. Find a hill that's not too steep and complete the session prescribed.

**Run pace:** How fast should I run? This plan is for you to complete the 10km and run it nonstop, once you get a couple of 10km races under your belt you will be able to gauge your pace better and step up to the intermediate or advance plan. The trick is not to worry about speed too much and just make the distances, each step at a time. We advise running at a pace that allows you to comfortably hold a conversation. Find a pace that allows you to finish the distance of the session, or as close to it as you can.

**Faster pace:** In week four of the beginners plan we ask you to finish faster. This pace should be close to your 5km pace. This will help you finish strong.

**Cross-training:** Wednesdays is cross-training, this is a good day to go swimming, cycling or walking. Try not to do any running on this day so your body recovers well and allows you to get ready to run again the next day. You can also do **Strength training** that could consist of bodyweight-based activities like push-ups, chin-ups or dips or light weights with high reps at your local gym.

**Stretch + Roll:** Is scheduled for Mondays, following your longer run on Sundays and Fridays to get you fresh for the double days of running. You can't run efficiently if fatigued and can increase your chances of injury. We also recommend to use a foam Roller to assist your legs to recover faster from muscle tightness. **Check out our How to best use a foam roller guide.**



**Long runs:** The longest runs are planned for Sundays but if Saturday works better for your schedule you can swap. Long runs are designed to run it slow to build your endurance, both aerobic and muscular. Don't try run these faster than your conversation pace.