



BEGINNERS TRAINING PLAN

The West Cumbrian Run Organisers recommend that new runners consult their doctor before embarking on any fitness regime, such as this training plan.

How much do you need to train to be able to run your first 10 mile race? Some individuals who possess a reasonably good level of fitness, because they cycle or swim or participate in other sports, could probably go out and run 9 miles on very little training. They might be sore the week after the race, but they still could finish.

But if you've made the decision to run a 10 mile race, you might as well do it right.

Here is a ten-week training schedule to help get you to the finish line. It assumes that you have no major health problems, are in reasonably good shape, and have done at least some jogging or walking. If running 2 miles for your first running workout seems too difficult, you might want to begin by walking, rather than running.

Race Pace (RP): Run at the pace you would like to complete the race. This will train your body to feel comfortable at this speed.

Fast Pace (FP): Run at a pace that is challenging and quicker than usual. This will increase speed and decrease recovery rate.

Steady Pace (SP): Run at a steady comfortable pace to prepare your body to go the full distance. It is essential to get the miles in to improve endurance. Remember you can also walk.

Cross-Training: It is important to not over do it on the running and give your body adequate rest. A moderate intensity cross-train session for up to 60 minutes allows you to recover from running whilst staying fit and fresh. This can be a variation of exercise. For example gym, circuit training, swimming or cycling.

Rest: The most important day in any running program is rest. Rest days are as important as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. In this program, Friday is always scheduled as a day of rest to compliment the also easy workouts on Mondays.

Walking: Walking is an excellent exercise that a lot of runners overlook in their training. In the training schedule, walking workouts aren't specified, but feel free to walk during your running workouts any time you feel tired or need a break. In the 10-miler you choose, nobody cares whether you run every step of the way; they're more concerned that you finish. If this means walking every step in practice and in the race, do it!



THE WEST CUMBRIAN RUN - BEGINNERS TRAINING PLAN

Countdown	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 Weeks	Rest	2 mile run (RP)	Rest	6 x [60 secs @ FP + 60 secs walk]	Cross train	Rest	5 mile run (SP)
9 Weeks	Rest	2 mile run (RP)	Rest	8 x [60 secs @ FP + 60 secs walk]	Cross train	Rest	6 mile run (SP)
8 Weeks	Rest	3 mile run (RP)	Rest	8 x [60 secs @ FP + 60 secs walk]	Cross train	Rest	7 mile run (SP)
7 Weeks	Rest	3 mile run (RP)	Rest	9 x [60 secs @ FP + 60 secs walk]	Cross train	Rest	7 mile run (SP)
6 Weeks	Rest	4 mile run (RP)	Rest	10 x [60 secs @ FP + 60 secs walk]	Cross train	Rest	8 mile run (SP)
5 Weeks	Rest	4 mile run (RP)	Rest	8 x [90 secs @ FP + 60 secs walk]	Cross train	Rest	8 mile run (SP)
4 Weeks	Rest	5 mile run (RP)	Rest	9 x [90 secs @ FP + 60 secs walk]	Cross train	Rest	9 mile run (SP)
3 Weeks	Rest	5 mile run (RP)	Rest	10 x [90 secs @ FP + 60 secs walk]	Cross train	Rest	7 mile run (SP)
2 Weeks	Rest	4 mile run (RP)	Rest	6 x [90 secs @ FP + 60 secs walk]	Cross train	Rest	6 mile run (SP)
1 Week	Rest	3 mile run (RP)	Rest	2 mile run (SP)	Rest	Rest	WEST CUMBRIAN RUN RACE DAY

The race organisers recommend that new runners consult their doctor before beginning training. Always stretch before training. Remember to drink frequently during training to avoid dehydration.



Times & Star



Tiffen



James Walker

