Introduction

Getting started with running has more to do with running consistently than running fast. This cheat sheet has been made to help you get started running with the goal in mind to complete or race your first 10km fun run. If you are completely new to running, you might want to look at our 5km run training plan before you take on the 10km plan at https://cheatography.com/vinces/c-heat-sheets/beginners-5km-running-train-ing-plan/

Running Effort Scale 1 - 10

10	- Maximum effort
9	- Very hard intensity
8	- Hard intensity
7	- Requires constant effort
6	- Challenging but can sustain for 30 to 60 minutes
5	- Still requires effort
4	- Slight effort to maintain pace
3	- Able to maintain a conversation
2	- Gentle and easy to maintain
1	- Very easy pace

Effort Required For Running

For all the runs, you should be maintaining an effort between 2 and 3. This means they are easy runs and you are limiting the chance of injuring yourself and still enjoying the process. The only exception is where you see "Strides" listed in the plan. These are 30 second bouts of higher intensity running, where you should be running at approximately 8 on the effort scale.

About "Strides"

"Strides" listed in the plan in some of your training days. These are 30 second bouts of higher intensity running, where you should be running at approximately 8 on the effort scale.

When To Start The Training Plan

The training plan runs for eight weeks, so you would count back from your goal race that happens in the last week of the training plan.

Training Plan - Week 1

☐ Day 1	Rest day
☐ Day 2	20 minutes easy running
☐ Day 3	20 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	20 minutes easy running
☐ Day 7	20 minutes easy running

Remember all running is between an effort of 2 and 3. Remember there is no issue with walking if you need to. In the first week or so, when you are doing 20 minutes of easy running, you may want to start with one minute of running, followed by a minute or walking, continuing until you make up the full 20 minutes.

Training Plan - Week 2

☐ Day 1	Rest day
☐ Day 2	20 minutes easy running
☐ Day 3	20 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	20 minutes easy running
☐ Day 7	20 minutes easy running
	4 x 30 seconds strides with two minutes rest

Make note that day 7 of your training plan, now also includes strides at the end of your training run.

Training Plan - Week 3

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	20 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day

Training Plan - Week 3 (cont)

☐ Day 6	30 minutes easy running	
☐ Day 7	20 minutes easy running	
	4 x 30 seconds strides with two minutes rest	

We have extended the length of your training runs on both day 2 and day 6. These will help you get ready for your long run we will be adding in Week 4 and for your eventual 10km fun run.

Training Plan - Week 4

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	20 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	30 minutes easy running
☐ Day 7	50 minutes easy running

Make note that day 7 is now a 50 minute easy run as a test to see if you are able to push a little further in your training runs. If you don't want to do this, feel free to repeat Day 4 of this week, which would normally occur on day 7 of the training schedule.

Training Plan - Week 5

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	30 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	30 minutes easy running
☐ Day 7	20 minutes easy running
	4 x 30 seconds strides with two minutes rest

Week five now sees all our training runs lasting about 30 minutes. These are either continuous runs or a 20 minute run followed by strides.

Training Plan - Week 6

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	30 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day

Training Plan - Week 6 (cont)

☐ Day 6	30 minutes easy running
☐ Day 7	50 minutes easy running

Make note we have added one more 50 minute run leading into the final weeks before race day.

Training Plan - Week 7

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	30 minutes easy running
☐ Day 4	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 5	Rest day
☐ Day 6	30 minutes easy running
☐ Day 7	20 minutes easy running
	4 x 30 seconds strides with two minutes rest

As this point of the training plan, it's really important to stay consistent and continue to tick off your training runs...Keep it up, you're almost there.

Training Plan - Week 8

☐ Day 1	Rest day
☐ Day 2	30 minutes easy running
☐ Day 3	20 minutes easy running
	4 x 30 seconds strides with two minutes rest
☐ Day 4	Rest day
☐ Day 5	30 minutes easy running
☐ Day 6	Rest day
☐ Day 7	Race day - Have Fun!

It's race week and we have added in an extra rest day for you to make sure you are feeling as fresh as possible for your goal race.

Summary

Remember consistency is the key to training for and completing your first 10km fun run or race. Try your best to limit the speed and try to pace appropriately to allow yourself to keep running for as long as possible. Good luck and remember to stay safe and have fun.

DISCLAIMER

Please make sure you are being safe in all aspects of your training and running. Please use appropriate safety equipment when needed and ensure you consult a Doctor if you are unfit or have not recently taken on a physical fitness program recently.