

MHAS Fun Run Beginner 10K Training Program

This program is designed for beginner runner looking to the 10K at the MHAS Fun Run. Each workout will start with a 5' easy walk, and finish with 5' of easy walking. Each workout should be followed with a light stretching session

Week 1		Week 5	
5x (1'R / 1'W)		7x (4'R / 1'W)	
6x (1'R / 1'W)		8x (4'R / 1'W)	
7x (1'R / 1'W)		9x (4'R / 1'W)	
8x (1'R / 1'W)		10x (4'R / 1'W)	
Week 2		Week 6	
9x (1'R / 1'W)		4x (9'R / 1'W)	
10x (1'R / 1'W)		12x (4'R / 1'W)	
5x (2'R / 1'W)		5x (9'R / 1'W)	
6x (2'R / 1'W)		13x (4'R / 1'W)	
Week 3		Week 7	
7x (2'R / 1'W)		6x (9'R / 1'W)	
8x (2'R / 1'W)		1x 30' R	
9x (2'R / 1'W)		7x (9'R / 1'W)	
10x (2'R / 1'W)		1x 40' R	
Week 4		Week 8	
7x (3'R / 1'W)		4x (15'R / 1'W)	
8x (3'R / 1'W)		1x 45'R	
9x (3'R / 1'W)		1x 20'R	
10x (3'R / 1'W)		MHAS Fun Run 10k	
R : Run @ regular jogging speed W : Regular walk pace Surface:			

- Being new to running your body will appreciate a gradual introduction and progression into training ... although your cardiovascular system often feels ready to progress, tissues such as bone, ligament, muscle, and tendon need time to adapt to the training load ... this progression will take 8 weeks. Do not rush the process. Go slow.
- When performing the running portion of the workout, the running can be done at a moderate intensity. Appropriate pace should be around the intensity in which you can still hold a steady conversation while running with a friend.
- Between run segments continue to walk briskly to keep heart rate elevated
- Be sure to hydrate well throughout the day, and have a light snack within 20' of completion your run.
- Engage in a daily stretching and stability routine.
- Choose an appropriate surface type for your injury. Try to avoid hills in the beginning.
- Use a cross training activity to complete your training program (cycling or aqua jogging)
- If you experience pain during a workout that progressively increases, discontinue the workout and take 2 days off before trying again.
- If symptoms continue to become aggravated, consult your physiotherapist as soon as possible