

10KM BEGINNER TRAINING PLAN

Welcome to your 10km beginner training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

The 10km run distance is not to be taken lightly. It's an excellent test of your fitness and your commitment to training. Covering 6.2 miles is a tremendous achievement and from beginning your training, to lining up at the start and finishing, preparing for and completing a 10km run is a great experience.

Don't forget to warm up and cool down prior to any form of exercise. You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on events@parkinsons.org.uk.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	30min easy run	Rest	30 min easy run	Rest	Rest	Long run: 3km (approx. 2 miles) Try not to walk
2	Rest	30min easy run	Rest	30min easy run	Rest	Rest	Long run: 5km (approx. 3 miles)
3	Rest	30min easy run	Rest	20min intervals	Rest	Rest	Long run: 5km (approx. 3 miles)
4	Rest	40min easy run	Rest	30min easy run	Rest	Rest	Long run: 50min
5	Rest	30min intervals	Rest	40min easy run	Rest	Rest	Long run: 6.5km (approx. 4 miles)
6	Rest	30min easy run	Rest	40min easy run	Rest	Rest	Long run: 8km (approx. 5 miles)

10KM BEGINNER TRAINING PLAN

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
7	Rest	40min easy run	Rest	40min intervals	Rest	Rest	Long run: 6.5km (approx. 4 miles)
8	Rest	30min easy run	Rest	20min easy run	Rest	Rest	Race day!

Glossary:

Easy run - An easy run is classed as an effort that you'd be able to maintain for a long duration. This would generally be around a 5 or 6 out of 10 effort in regards to the rate of perceived exertion (RPE).

RPE - is the rate of perceived exertion of an exercise. This scale is subjective to each individual. What might be a 6 out of 10 for someone might be totally different to someone else.

Intervals - Interval training involves running fast (but not sprinting), over a set distance or time, at an effort level of 9 out of 10. Follow each hard interval with an easy one of at least the same length, then repeat. Try using a treadmill or running track to help you get the distances and times right.

Rest - rest days are very important to make sure you recover properly between days of exercise. Rest days don't mean complete inactivity. On a rest day it is a good idea to stretch, foam roll or even do a bit of cross training. This means anything other than running, so you could swim, cycle or go to the gym.

Race day - this is when your event will be taking place. This might be on a Saturday, Sunday or even mid week. So depending on what day your event is, you can change the plan accordingly.

Interval sessions:

Example 1

30 seconds fast run - 8 or 9 out of 10 effort
2 minutes easy jog - 4 or 5 out of 10 effort
x 8 sets = 20 minutes altogether

Example 2

3 minutes fast run - 8 or 9 out of 10 effort
4 minutes easy jog - 4 or 5 out of 10 effort
x 5 sets = 35 minutes altogether

RPE Scale	
10	Maximal effort
9	Really Really Hard
8	Really Hard
7	Harder
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

Disclaimer:

Parkinson's UK cannot accept any responsibility for death, injuries or loss caused by any information contained within this Guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity. By using the information in this Guide you agree to indemnify, defend, and hold all the parties referred to above, harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us, is based on or arises in connection with your use of this Guide, any breach by you of these terms and conditions or a claim that your use of this Guide infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.