



10K Road Race

A 12 week training guide for novice runners



10K Road Race Route

Glenrothes
ROADRUNNING
Festival

Glenrothes ROADRUNNING Festival

A 12 week training guide for novice runners

Entry to the programme can be at any level



Safety

- Wear light coloured or reflective clothing
- Run under street lights
- If you must run on roads, face oncoming traffic
- Inform someone of your planned route and estimated time



Shoes

- Use a recognised running shoe with a cushioned heel and sole
- DO NOT use a shoe with a thick inflexible heel and sole



Technique

- As a novice you should run very slowly in order to run longer and further



Fuel

- 1 1/2 to 2 hours prior to training, ensure you have eaten a light snack
- Ensure you drink plenty of water prior to your training session



Book Now on Entry Central

www.entrycentral.com/GlenrothesRRFestival

A 12 week training guide for novice runners

1

5 Sessions

Fast walk for 30 seconds, jog for 30 seconds, slow/medium walk - recovery 60 seconds.
Follow sequence 10 times
(20 minutes total duration)

2

5 Sessions

Jog for 60 seconds, walk for 60 seconds.
Follow sequence 10 times
(20 minutes total duration)

3

5 Sessions

Jog for 2 minutes, walk for 1 minute.
Follow sequence 10 times
(30 minutes total duration)

4

5 Sessions

Jog for 4 minutes, walk for 1 minute.
Follow sequence 5 times
(25 minutes total duration)

5

3 - 5 Sessions

Jog for 6 minutes, walk for 30 seconds.
Follow sequence 5 times
(32 1/2 minute total duration)

6

3 Runs

1 @ 15 minutes
1 @ 20 minutes
1 @ 30 minutes

7

3 Runs

1 @ 20 minutes
1 @ 30 minutes
1 @ 40 minutes

8

3 Runs

1 @ 30 minutes
1 @ 40 minutes
1 @ 50 minutes

9

3 Runs

1 @ 40 minutes
1 @ 50 minutes
1 @ 60 minutes

10

3 Runs

1 @ 50 minutes
1 @ 60 minutes
1 @ 70 minutes

11

3 Runs

1 @ 60 minutes
1 @ 70 minutes
1 @ 80 minutes

12

3 Runs

Monday 30 minutes
Wednesday 30 minutes
Sunday **10K Road Race**