

Tips for 10Ks

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BUILD MILEAGE SLOWLY

Add 10 - 15 percent to your total weekly mileage, spread out over two or three runs, each week.
- 2

VARY YOUR WORKOUTS

You want to get practice running at goal pace, a little slower than 10K pace (a medium effort) and faster than 10K pace as you will likely vary your pace during the actual race.
- 3

START WITH A WARM-UP

If you're doing a harder workout—a tempo run, speedwork or a run that includes mileage at 10K goal pace—you need to make time for a proper warm-up. Jog for a mile, then perform 5 x 100m warm-up drills (such as skips, high knees and bum kicks) with a recovery jog between each.
- 4

HIT THE PAVEMENT, AND SIMULATE THE RACE

Short intervals of 200-600m during training help improve leg turnover and speed. Also, test out a full 10K run later in your training, so you know what to expect.
- 5

CHANGE YOUR PACE/BUILD ENDURANCE

Increase your weekly mileage slowly and extend your long runs by 10% each week. If this is your first 10k, we recommend finding a beginner training plan that fits within your schedule to avoid injury.



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STRENGTH TRAINING/IMPROVE POWER

Any experienced runner will remind you about the importance of strength training. Focus on leg and core exercises to improve your strength and reduce the risk of injury.
- 7

SIMULATE THE RACE/DIVIDE THE RACE INTO THIRDS

Run the first third slightly slower than goal race pace. You'll feel as if you're holding back a bit, and that's ok—you want to be able to push yourself over the final miles.

Ease into a steady effort for the middle two miles, right at goal pace.

Over the last two miles, increase your pace until you're running as fast as you can sustain over the final few minutes.
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STAY MOTIVATED WITH MANTRAS

Staying motivated and managing your positive self-talk during your runs will make every mile more enjoyable.
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REST AND RECOVERY ARE IMPORTANT

As with training for any distance, it is crucial to listen to your body and take the time to allow your muscles to recover. Take at least one rest day each week, and when needed, so you'll make it to the start line, ready to run your best race.
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EAT THE RIGHT PRE-RACE MEAL

The 10K is not long enough to require any mid-race fueling, but you don't want to toe the starting line with an empty stomach. That's right, FUEL UP for optimal performance!

