



ULTIMATE 10K RUN GUIDE

ABOUT THIS GUIDE

At UK Fitness Events, we believe that exercise should be for everyone, which is why we've put together this handy guide. We wanted to make it easy for runners of all abilities to find the tools and information they need to help them on their journey all in one place. So, whether you're taking the leap from running a 5K to your first 10K, or you're already well acquainted with the distance, you can pick out the best tips and tools from this ebook to make reaching your next goal that little bit easier.

WHY RUN A 10K?

If you've already completed a 5K run, training for and completing a 10K race is the next natural progression in your running journey. That being said, even if you've never run competitively before, a 10K run is still totally achievable for a beginner as long as you put in the necessary training time. You're sure to feel a great sense of achievement after running your first 10K race, and you might just catch the running bug at the same time!

Aside from being a great form of aerobic exercise, there are plenty of other great benefits to running a 10K too. Firstly, if you're thinking of taking up running as a way to lose some weight, running a 10K is a great way to get your heart rate up and stay in that calorie burning zone. Another reason to sign up for a 10K race is that it's a great way to raise money for charity, in fact, 10K races are amongst the most popular events for charity races and there are hundreds happening across the UK every year. Finally, running your first 10K is a great way to progress into longer distance running. Once you've finished a 10K you'll be looking for your next challenge in the form of a half marathon and eventually even a marathon!

HOW CAN I FIND 10K RACES NEAR ME?

You'll probably be aware of some of the bigger and more publicised running events that take place in the major cities across the UK, but did you know there are also plenty of opportunities to join a 10K near where you love too? There are loads of 10K events springing up across the UK all the time, meaning that there is bound to be one that is easy and convenient for you to get to.

If you've decided to run a 10K race to raise money for a charity, you may be wondering 'How do I find a 10K near me?'. The answer is www.ukfitnesssevents.co.uk! On our events page you'll find pages of fitness events that are taking place all across the UK. By using the search bar on the left you can narrow down the results to find one that's perfect for you. Once you've filtered down the type of race you're looking to take part in, in this case a 10K, you can then select your location and also choose from a range of charities that you are interested in supporting.

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HOW LONG IS A 10K RUN?



The 10K run is popular amongst both beginners and experienced runners. The distance provides a challenging step up from a 5K but is still accessible to those new to running or with very little training. If you are thinking of taking part in an event to increase your fitness levels or to raise money for a charity or other good cause, there are plenty of 10K events organised all over the UK. Before you go and sign up though, you might be wondering “how long is a 10K run, and how should I prepare for it?”.

HOW MANY MILES IS A 10K RUN?

The ‘K’ in a 10K is short for kilometres, meaning that a 10K run is 10,000 metres in distance. If you prefer to measure your distance in miles, this is equal to 6.2 miles. Being double the distance of a 5K, which is 3.1 miles, a 10K race is often regarded as the next step up from a 5K, to challenge your fitness and stamina.



If you use a fitness tracker you may be familiar with step counting. Fitness experts recommend that you should complete 10,000 steps per day. If we take into account an average stride length of 2.1 to 2.5 feet, you would reach around 12,500 steps over the distance of a 10K, well above the recommended 10,000!

HOW LONG IS A 10K RUN?

IS RUNNING A 10K HARD?

Whether or not running a 10K is hard will depend on your current fitness level. If you haven't done a 10K event before, you may be a bit apprehensive about the distance and how long it might take to run a 10K. Fortunately there are some really useful training plans out there that can help you to cross the finish line of your first 10K.

Although it's aimed primarily at training for a 5K race, the Couch to 5k training plan is a good place to start on your journey towards completing a 10K. The plan starts off with a combination of running and walking, gradually increasing the distance you run over a number of weeks. Once you are comfortable with a 5K run you can then continue to increase the length of your runs up to 10K. Who knows, once you've crossed the finish line you might want to set your sights on a half marathon or even a marathon!

MORE TIPS FOR RUNNING A 10K

Finding the right running shoes can make a big difference to your training. Many sports shops will be able to measure your gait and give you advice on which shoes will suit your running style. Remember to take rest days in your training schedule to avoid injury and to give your body time to recover. If you are struggling with training, try getting involved with running groups or asking a friend to join you for encouragement and support.



WHAT IS THE AVERAGE 10K TIME?



The 10K is a popular distance amongst both beginners and experienced runners and is usually considered to be the next milestone after completing a 5K. If you're considering a 10K running event, or even if you've already ran several you might find yourself asking "How long should it take to run a 10K?".

HOW CAN I MEASURE MY RUNNING TIME?

Your running pace will dictate the time it takes you complete any distance, for example if you run at a speed of 10km (6.2 miles) per hour you will finish a 10K in 60 minutes. Fitness trackers and apps provide a convenient means of tracking and measuring the speed and distance of your run. If you are training on a treadmill you can manually set your running pace and adjust this as your fitness improves.

Factors such as age, fitness level and gender will also have an effect on the time it takes you to run a 10K. You can use a useful tool, called an age graded calculator, which provides a performance score based on running data for your age and gender, allowing for a fairer comparison across the board.

WHAT IS THE AVERAGE 10K TIME?

AVERAGE 10K TIME FOR BEGINNERS

If you've ran a 5K before, it is more than likely that a 10K to take you twice that time, if not a little more whilst you adjust your training to incorporate those extra miles. For beginners, you can expect to cross the finish line of a 10K somewhere between 60-80 minutes. If training is new to you, you can start out by doing a combination of running and walking to build up your fitness and avoid injury. Training plans such as Couch to 5K will ease you in to running and help you improve your pace over time. Once you've managed 5K, keep adding on that distance to 10K!

AVERAGE 10K TIME FOR INTERMEDIATE RUNNERS

For intermediate runners, who have a fairly robust training schedule (regularly completing 3 to 6 mile runs), an average 10K time would be around 45-60 minutes. That equates to an average speed of around 7-9mph over the course. Interval training, combining bursts of speed and endurance, can help you to shave down your 10K time and work towards that new personal best. Remember your rest days to give your body time to build and recover too.

AVERAGE 10K TIME FOR ATHLETES/ELITES

The world record time for a 10K currently stands at 26:17.53 minutes for men, held by Kenenisa Bekele (who also holds the 5K world record), and 29:17.45 minutes for women, held by Almaz Ayana. Athletes running at a consistent pace of 5 to 7-minute miles can complete a 10K in an average time of 30-45 minutes. Achieving the fastest 10K times requires athletes to follow a strict training plan, incorporating techniques such as altitude training to help shave off those valuable seconds.



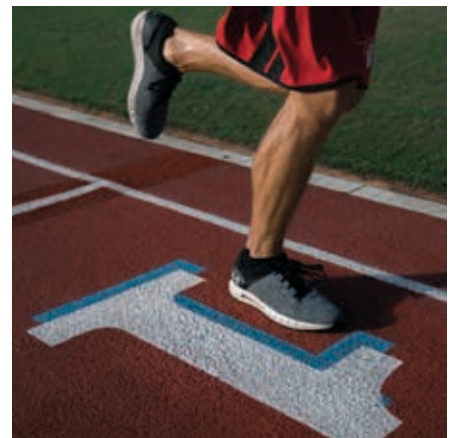
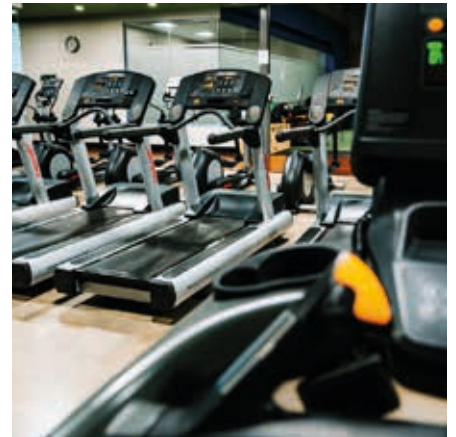
IMPROVING YOUR 10K TIME

HOW CAN I IMPROVE MY AVERAGE 10K TIME?

Whether you're aiming for a new personal best, or just looking to make some gradual improvements to your 10K run time, there are a few techniques that you can try out to help boost your pace. Whilst a 10K is considered one of the 'shorter' running distances, maintaining a run at high intensity for that distance can still be seriously challenging, so what are the best ways to improve your time?

Make use of intervals: Adding a short burst of intensity in your training not only helps to push your top speed, but it also improves your form and has a positive impact on the way your body uses oxygen whilst you run. Start with an easy mile to warm up, then experiment with 200m bursts of sprinting interspersed with an easier recovery run speed. You'll soon find that the higher speed becomes easier and you're able to sustain it for longer.

Do a long training run each week: Doing one long run per week as part of your training will help you to build up stamina as you approach your race day. Longer runs help your body to adapt by increasing the capillary density in your muscles and increasing your ability to store glycogen. Although you may be training for a 10K, a weekly run of around 10 miles at a pace 20-30% lower than your 10K speed will give you noticeable improvements on race day.

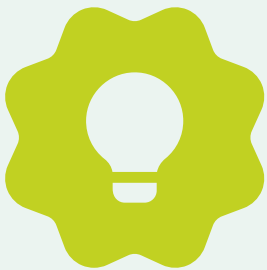


HOW MANY CALORIES ARE BURNT RUNNING A 10K?



If you are looking for an exercise to help you to lose weight and burn off some extra calories, running will put you on the right track! Running a 10K (10 kilometres or 6.2 miles) is a popular choice amongst both beginners and experienced runners, due to the distance having a good balance between being challenging and achievable.

So how much can you hope to treat yourself after crossing the finish line?



On average a 10K run will burn around 600 calories (around 100 calories per mile), however, to find out a more accurate figure and to better plan your workouts to maximise your calorie burn, you will need to take a few things into account.

HOW MANY CALORIES ARE BURNT RUNNING A 10K?

CALCULATING YOUR CALORIE BURN



The number of calories you will burn when running a 10K will depend mainly on your current body weight and the intensity of your run. As a general rule, the faster you run the more calories you will burn over a set distance, in this case 6.2 miles. For example, a 150lb person running at 10km per hour will burn roughly 650 calories over a distance of 10 kilometres, whereas someone weighing 160lbs running at the same pace will burn around 745 calories.

If you are looking to increase your calorie burn over the 10K distance, running faster and on a varied terrain or steeper incline will increase the level of exertion in your workout, and therefore the amount of calories you burn. There are also a number of fitness apps available that can help you track your daily calorie intake and burn, so you can more successfully manage your weight.



You can use a calorie burn calculator to get an accurate number for the amount of calories you burn whilst running, based on your body weight, running time and distance.

HOW MANY CALORIES ARE BURNT RUNNING A 10K?

BURN MORE CALORIES DURING YOUR RUN

If you are running because you want to lose weight, you'll probably want to do everything you can to maximise the amount of calories you burn when you run. Here are a few ways you can make sure you're torching those calories and really feeling the difference:

Don't forget nutrition:

There's a well known saying that 'you can't outrun a bad diet', and it's no lie! In order to lose weight you need to be in a calorie deficit, meaning that you need to be burning more calories than you are eating. All too often people will start running to lose weight, but overdo it on the pre or post run snacks. Pay close attention to the amount of calories you burn on your run, using an app or fitness tracker, and be careful not to eat them all back once you get home.



Try varied terrains:

An effective way to increase the calories you burn whilst running is to run on routes that have a good mix of hills and terrains. Your muscles have to work harder to push you up steeper inclines and adapt to running on different ground. Try signing up for a 10K with a course that's a little outside your usual comfort zone.




Speed it up:

Adding bursts of speed into your training is a great way to torch some extra calories. Add intervals of high-intensity sprints with your usual comfortable running pace. Running faster uses more oxygen and energy, therefore burning more calories. This is also a great way to improve your running time.



TOP 10K RUNNING TIPS



If you've recently completed your first 5K and caught the running bug in the process you're sure to be thinking about your next challenge! A 10K run is generally the next step up from a 5K, but it is also a great distance for beginners and experienced runners alike. 10K events are also a fantastic way to raise money for a good cause, keep active and lose weight too.

Despite a 10K being one of the shorter running event distances, it's perfectly reasonable to be apprehensive about race day. To help you out we've put together our top 10 tips for training and running a 10k.

USE A TRAINING PLAN

A good training plan is always the best place to start your race! A structured training plan that focuses on building up your fitness and stamina gradually over a few weeks will prepare you to perform at your best on race day. The Couch to 5K plan is a great option for beginners, and you keep going beyond this programme to run your first 10K.

WARM UP

A few stretches can prevent you from having a really painful run! If you are unsure about doing stretches properly there are plenty of apps available that can give you ideas for warm up exercises and show you how to do them.

TOP 10K RUNNING TIPS

SIGN UP TO AN EVENT

Signing up to a 10K event, whether it's a local fun run or a bigger charity event, will give you a goal and help keep you motivated!

GET TECHY!

Fitness trackers and apps are fantastic tools for training, helping you monitor everything from your heart rate to your running speed and more. You can get a really good insight into how you are pacing yourself and performing.

INTERVAL TRAINING

If you are trying to improve your 10K speed, alternating between running hard and walking/jogging will help to build up your stamina for running at a faster pace for longer.

PACE YOURSELF

If you use all your energy in the first 3 miles of your 10K, you'll be running the rest on empty! It's much better to pace yourself over the course and save bit of energy to finish strong (this makes for more impressive finish line photos too by the way!).

TOP 10K RUNNING TIPS

RESEARCH YOUR COURSE

Find out a little more about your course pre-event if you can. Knowing about a steep hill 6km into the course will help you to better manage how you pace yourself, and to incorporate hills into your training.

RUN WITH FRIENDS

Running with friends, or even joining a local running club, can add an element of fun to your training and help keep you motivated on reaching your 10K goals. What better way to celebrate crossing the finish line than regrouping post-race for a victory meal?

VARY YOUR WORKOUT

So, you're already running as part of your 10K training, but incorporating other types of exercise into your plan, such as strength training or yoga will help you to build up your core muscles and improve your overall strength and efficiency when running.

HAVE FUN!

The most important thing is to enjoy yourself! Enjoy the excitement and atmosphere of your 10K event and, regardless of your time, give yourself a well deserved pat on the back for your accomplishment!

WHAT TO EAT BEFORE A 10K



Whether you're about to run your first 10k or your 50th, you're probably here to find out the best way to run your best race or hit that new personal best! Training, of course, is a huge part of your race day prep, but did you know that your pre-run nutrition can make a big difference to your performance too?

The food you eat before you begin your race is what will keep you fuelled up, so choosing the right food and portions is key.

HOW MUCH DO I NEED TO EAT BEFORE A 10K?

Although a 10k is one of the shorter races, it's still important to think about what fuel you put in the tank! A heavy pre-race meal, especially one high in fat or protein, can make you feel sluggish and bloated; a carbohydrate-based meal with a little lean protein and some vegetables will fuel you more efficiently.



Give yourself a head start by eating a carb-based meal the evening before race day, be careful not to overload yourself though - a baked potato or two should be plenty. On the day of your race try to eat 2 hours before you run and aim for a 25g portion of carbs.

WHAT TO EAT BEFORE A 10K

WHAT IS THE BEST FOOD TO EAT BEFORE A 10K?



It's a good idea to think about nutrition during training as well as before your 10k event. This will help you to find out how different foods affect your performance and avoid any surprises on race day!

If you are running early in the day, some good breakfast options include porridge or a couple of slices of toast with jam. Try a chicken salad wrap or small portion of pasta for a pre-10k lunch. Foods high in fat or protein take longer for your body to digest, so its best to limit these types of food to no more than 10g before your run.

DON'T FORGET THE WATER!



Keep hydrated and be sure to drink 500ml of water (a small bottle) a couple of hours before your race. Try to top up every 15 minutes during your run with 100 - 200ml more. You can also drink sports drinks that replace electrolytes and lost fluids during exercise, but for a 10k your body is unlikely to need this extra fuel.



RUNNING **TIPS**

RUNNING TIPS: ESSENTIAL RUNNING GEAR



Running in Winter is essentially no different from running in summer - a focused mind and goals will keep you going, but cold weather and dangerous conditions can mean you need a change to your routine.

One of the trickiest parts of winter running can be simply finding the motivation to start your run in the freezing cold. As humans we naturally want to avoid such things when we can - so when you have a nice warm house with the kettle on and you look out the window to see frosted ground and minus temperatures, it can take some self-persuasion to actually get outside.

So let's discuss the most obvious part of cold weather running. Temperatures can vary greatly in the UK, but over the last few years we've not really had a 'big freeze' as such, and on average the temperatures over the last couple of years has been around 5°C.

WHAT TO WEAR FOR WINTER RUNNING

With these temperatures in mind, it's best to try and get some running clothes that will help keep you warm. Your body will generate plenty of heat whilst running, but when it's battling freezing temperatures it can do with a little help. Having a layer system is a good idea, and athletes who train in all weather conditions say that dressing 'like an onion' is the best method. Start off with a long sleeve base layer that's designed with running in mind and thicker running tights. This will keep sweat away whilst keeping you warm, and then add on to this a running top and/or a jacket.

RUNNING TIPS: ESSENTIAL RUNNING GEAR

WHAT TO WEAR IN WET WEATHER

For rainy weather you'll want to invest in a jacket as a top layer that is waterproof. For your lower half it's a similar story - running tights or tracksuit bottoms will keep your legs warm and can be supplemented with shorts over the top.

STAYING VISIBLE

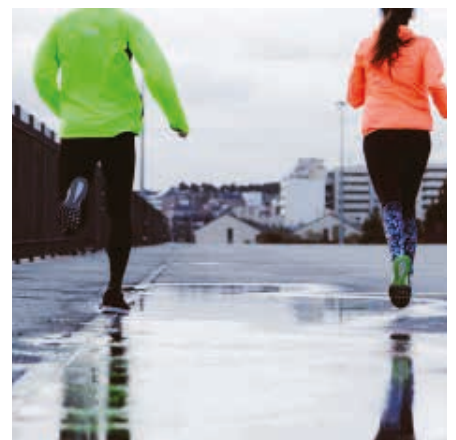
You may also wish to get yourself some reflective or high visibility clothing too. Winter has much less sunlight and you may find that going for a run at 4pm it will be pitch black by half past and you will need to ensure that other people - especially motorists - can see you. You can pick up high-vis vests to light up your torso or even just reflective bands you can wrap around yourself to let people know where you are. Head torches are a great way to stay visible to others and help you see in lower light too.

It's still a good idea to opt for brighter colours and reflective materials in the summer so you are visible too, especially to road traffic.

WHAT TO WEAR IN THE SUMMER

Conversely, in the summer, the extra heat will soon have you feeling hot and sweaty if you wear too many layers. On hot days you could simply undo your running jacket and wrap on your waist or keep it in a small drawstring gym bag on your back. It's probably best in the summer though, to skip over the leg tights and just stick to shorts and lighter layers such as moisture wicking vest tops or t-shirts. You might also want to wear a sweatband on your head to keep sweat and hair off of your face.

Speaking of your head, there was an old myth that "most of your body heat is lost through your head" which was debunked a few years ago when it was found that the head only accounts for about 10% of heat loss. You can wear a hat to keep your head warm, but again, you may wish to leave this part of your body unclothed to allow heat to escape.



RUNNING TIPS: ESSENTIAL RUNNING GEAR

WHAT SHOES TO WEAR IN THE WINTER

Now one part that we've yet to touch on - because it is so important - is your feet. Having a good pair of running shoes and wicking socks will make your winter running experience much better. Having some wicking socks will keep your feet dry by drawing water away from your feet, but equally having shoes that allow your feet to breathe, and are a little bit waterproof will help too.



Something like the Cloudbunner Winter Edition (left) is an all in solution, being waterproof, wind-proof and having a specially made bottom surface that makes it easy to run across rough terrain. They are on the higher end of most people's budgets however, and you will probably find that any trail shoes will do just as good a job as they are designed for challenging terrain and are normally a lot cheaper.

So that's our quick guide to the gear you may need for running in winter - overall you just need to keep warm and stay safe!



RUNNING TIPS: CHOOSING SUITABLE RUNNING SHOES



If you plan to do a lot of running and training then picking the correct footwear is vitally important. You might not think it, but wearing the wrong type of trainers for your foot type can not only impact your performance but also have a detrimental effect on your health too – causing pain and damage to your toes, ankles and feet overall. Take a look below at our top running tips when it comes to picking the right shoes

HOW TO CHOOSE RUNNING SHOES

There have been a lot of medical studies in this over the years with many varying results. The bottom line seems to be that the right trainer can improve performance in general.

This is all because of something call gait – this is the way that your legs and feet behave when running. Specifically you'll want to look at your type of pronation which is the way your feet land and take off from the floor whilst in motion. There are three types of pronation and each has certain characteristics. The type of pronator you are is normally linked to the type of arch you have on your foot.

RUNNING TIPS: CHOOSING SUITABLE RUNNING SHOES

TYPES OF PRONATION

Neutral pronation – this is the most common and ideal type as during running you will land on your heel and naturally roll onto the ball of your feet to take off again. This rolling motion will be at an angle of around 15 degrees inwards. People who have a normal arch will generally have a neutral pronation.

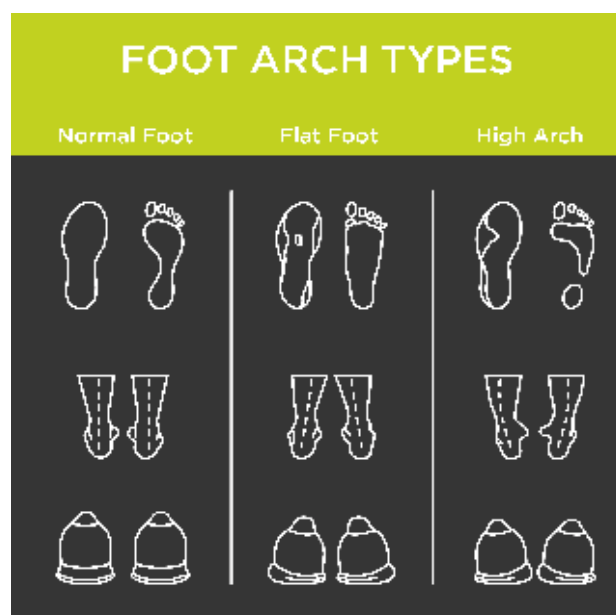
Over-pronation – this type of pronation occurs when you roll too much inwards from the heel to the ball of your feet, going beyond the 15 degrees and end up putting pressure on your big toe and taking off from this stance. People who have a low arch will generally tend to over-pronate.

Under-pronation (supination) – this type of pronation occurs when the foot rolls outwards from the heel to the ball of your feet and ends up putting the impact and take-of pressure on to your two smallest toes. People who have a very high arch are more prone to this type of pronation.

HOW TO FIND OUT YOUR ARCH TYPE

It's very easy to find out your arch type by simply doing the 'wet foot test'. To perform the test you'll need a basin of water and a square of cardboard or paper big enough to fit your foot on. To perform the test simply lay down the card on the floor and dip your foot in the water ensuring the entire bottom of your foot gets wet.

Now lift your foot out of the water and shake off any excess water and then place it lightly on to the card for a few seconds. Now remove your foot and look at the print you have made. The print should show you your heel, the ball of your foot and joining the two your arch. That is the important bit – look at your arch and compare it to the chart (right) to know what arch you have:



RUNNING TIPS: CHOOSING SUITABLE RUNNING SHOES

Once you know your arch you can then start to look towards getting trainers or shoes that are made for your type of pronation. A lot of specialist shops will sell trainers designed for certain types of pronation and you should hopefully find that getting the right trainer helps with your overall performance and reduces the chance of pain whilst running

OTHER CONSIDERATIONS

Most trainers are very similar – they're lightweight whilst at the same time provide cushioning for your feet and generally will curve upwards at the toes to help the rolling motion of running feet. But is there more to it? Why do some cost £100's whilst others will cost you £20? Well it's mostly about brand and style. For the most part there is very little difference in the materials or construction of the trainers you buy, so spending a lot more on some that look a bit better could be a waste of your money.

However you should always try trainers on before committing to them. Go to a local store and try on all the pairs you like, get a feel for them and be sure they'll do the job before buying as you don't want to be a few weeks in to your training suffering from sore feet or blisters from ill-fitting shoes.



RUNNING TIPS: HOW TO RECOVER FROM A RUN



If you're new to running and are starting to experience some of the common aches and pains associated with it, you may want to take a look at your running recovery. Any kind of run can take a toll on the body, whether it's a sprint or a marathon, so knowing the best running tips to help recover can be vital for reducing injury and improving performance. Here are our top tips for recovering from a run.

START RECOVERING BEFORE YOU BEGIN

That's right, running recovery actually starts before you even head out! It might sound a bit backwards, but a large part of your race recovery will come from what you do before starting your run. First off you want to make sure you're properly hydrated – running out of steam (well, water) during a race and getting dehydrated can drastically reduce your performance and can make you feel downright awful. For longer runs you can also use running recovery drinks which contain minerals and electrolytes to replace those lost through sweat during your run.

You'll also want to make sure you're not running on full stomach either, as this can likewise impact your performance and make you feel sluggish. Normally you'll want to eat up to a few hours before as this gives your body time to digest and extract fuel from the food. Making sure you eat the right food before running is important too, you can find some suggestions of what to eat before a 10K on page 15.

RUNNING TIPS: HOW TO RECOVER FROM A RUN

STRETCH AND WARM-UP

Stretching before your run only takes a few minutes, but could prevent weeks of time out due to injuries! When you start your run, you'll want to make sure you stretch out all your muscles and get your body warmed up and ready to go. Start off with some simple leg stretches, and then try and incorporate some core, arm and upper body stretches. Once you've given your whole body a stretch, set off at slow pace to ease into your run.

START RUNNING

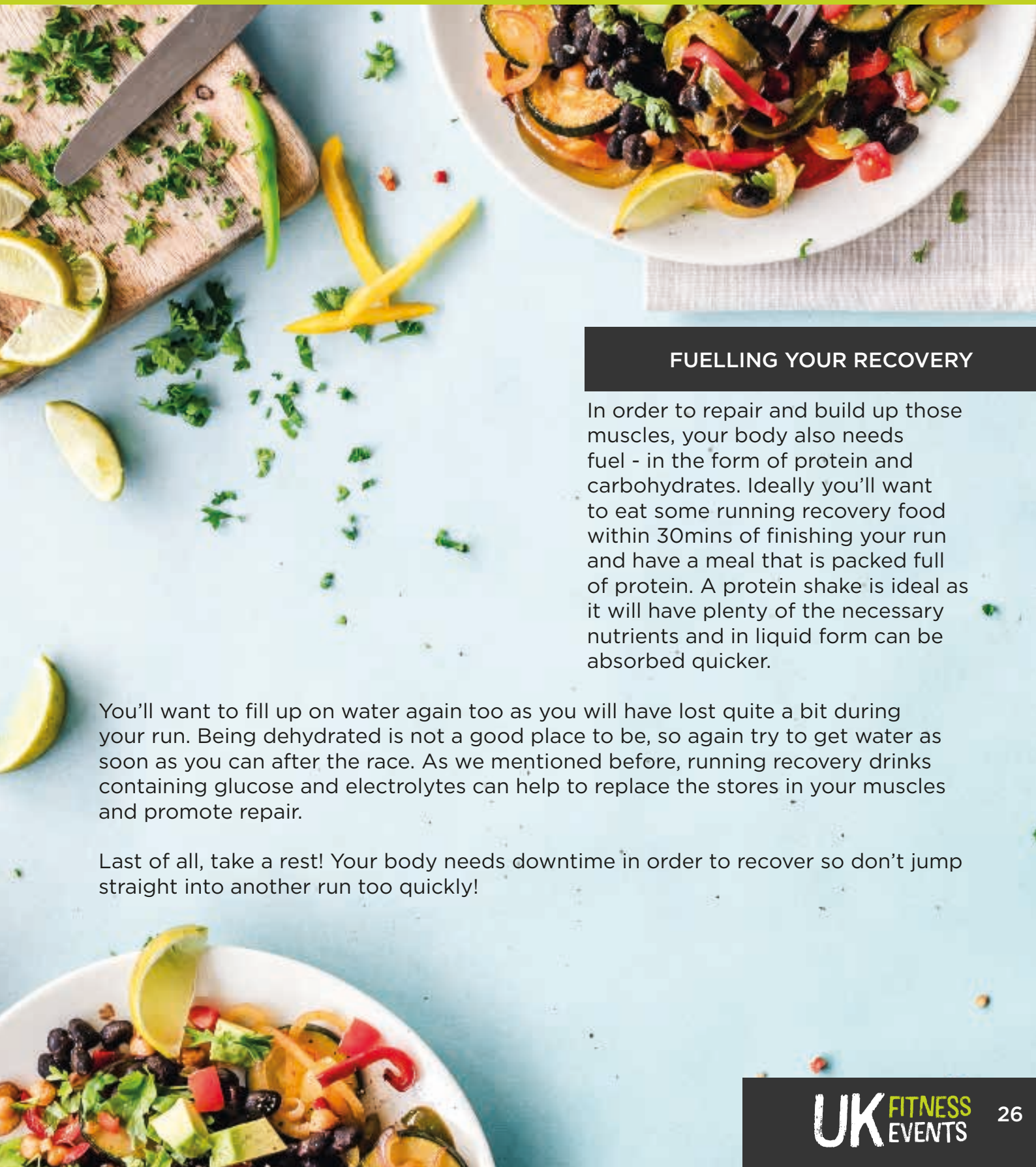
After a few minutes at a comfortable, slower pace, you can start to build up speed and momentum as your body will be ready to go. If you try to set off too fast your body won't be prepared, and you will find that you may struggle to run to the best of your ability and your recovery will suffer for it. You may also want to invest in some compressive clothes – these are tight to the skin which will encourage blood flow around the parts of the body they are worn. Your body needs this fresh blood to aid in the recovery process so it's worth investing in some compression wear at least for your legs if not the rest of your body too.

BEGIN TO RECOVER

As your run is coming to an end you should slow down to a cool-down pace which allows your body to gently finish rather than suddenly jolting it from run to stop. When stopped, take a few minutes just to stretch out once more and release any tight joints. The stretches on the right are good examples. Once you've finished and cooled your body down from your run, you'll then want to get nice and warm! Like compressive clothes a hot bath, steam room or even just a hot shower will encourage more blood flow to the surface to help get all of your joints and muscles repaired.



RUNNING TIPS: HOW TO RECOVER FROM A RUN



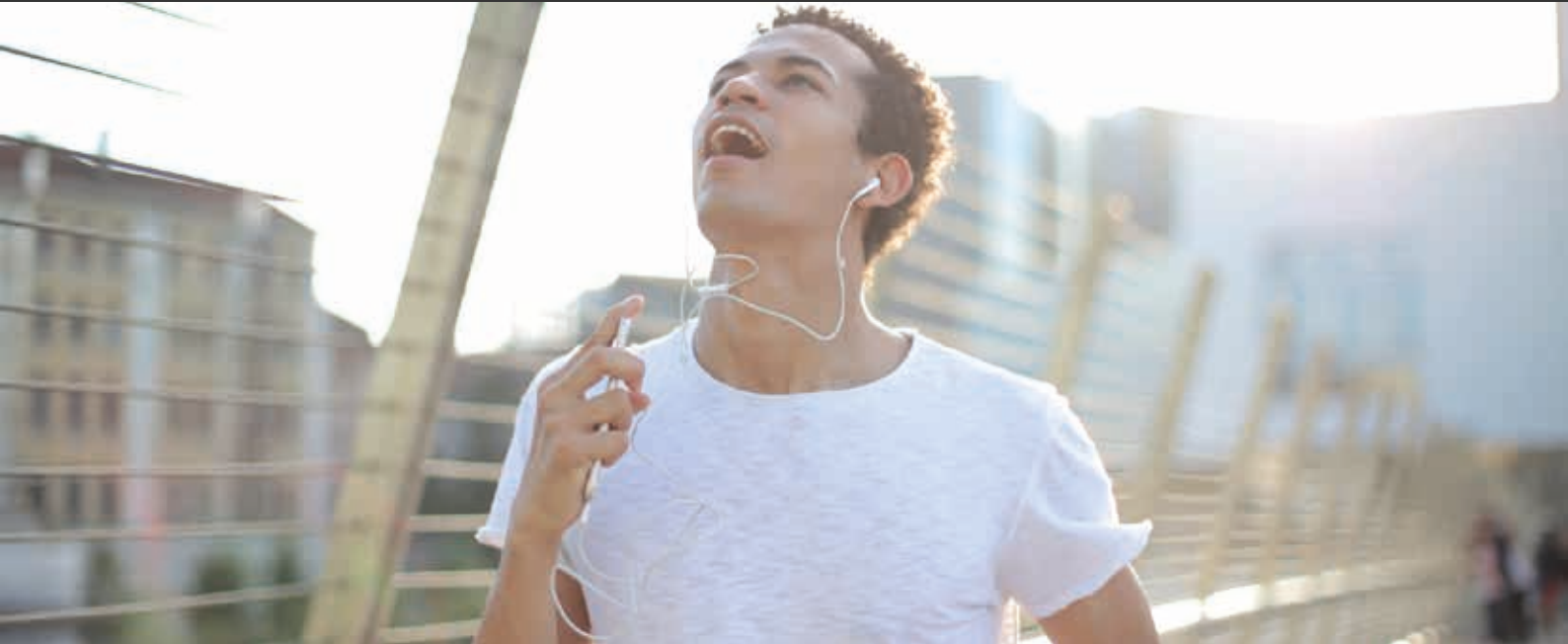
FUELLING YOUR RECOVERY

In order to repair and build up those muscles, your body also needs fuel - in the form of protein and carbohydrates. Ideally you'll want to eat some running recovery food within 30mins of finishing your run and have a meal that is packed full of protein. A protein shake is ideal as it will have plenty of the necessary nutrients and in liquid form can be absorbed quicker.

You'll want to fill up on water again too as you will have lost quite a bit during your run. Being dehydrated is not a good place to be, so again try to get water as soon as you can after the race. As we mentioned before, running recovery drinks containing glucose and electrolytes can help to replace the stores in your muscles and promote repair.

Last of all, take a rest! Your body needs downtime in order to recover so don't jump straight into another run too quickly!

CAN LISTENING TO MUSIC MAKE YOU RUN FASTER?



Does music make you a better runner? Many would argue it can, while just as many argue you should go without. Let's take a look a bit more in depth and find out what impacts it really has.

For many people who are new to the sport or even veterans, music can make running enjoyable and gives you the motivation to continue and fight the fatigue. On the opposite side of that a lot of runners prefer a pure experience, saying that without music they can get a better sense of their environment and their own bodies.

STUDIES AND INFORMATION

So what's the answer? Well it seems there isn't really a yes or no as to whether music improves or impacts performance as there is just so much information for both sides. For example a study from 2004 in *Psychology of Sport and Exercise*, found whilst music seemed not to have any measurable effect on the body or performance, the runners said that it help them feel motivated and felt it was beneficial.

A poll from *Runner's World* of over 11,000 of their readers found that a staggering 74% said they think runners should listen to music. Are they correct? Well it seems ultimately down to personal choice. The science backs up the argument for music - it has no harm on runners times, and can provide many psychological benefits that keep you positive that will be reflected in how your run goes.

CAN LISTENING TO MUSIC MAKE YOU RUN FASTER?

Upbeat music that has a consistent tempo and rhythm to keep you moving can be a great help - not necessarily to make you faster - but just to keep you going. Clearly the business believes in this too due to the enormous amount of headphones, music players and phone armbands designed simply to allow you to keep your music with you when running or working out. Obviously they are out to make money, but if people weren't buying them they wouldn't keep making them.

One argument often cited by people who do not listen to music is that they are able to listen to their bodies. Without music blasting in their ears, they can take a check of their breathing pattern, hear how their steps sound and even hear(or feel) their heartbeat. If you choose to run in the countryside too then you can also hear the nature around you - birdsong or flowing rivers.

SAFETY

The only real downside to listening to music whilst running is typically said to be a matter of safety. First and foremost listening to excessively loud music can obviously have a very bad effect on your hearing. The simple answer to this is just moderating your volume levels - however a lot use the loudness to drown out environmental noise.



This can also be bad too as you may be less aware of what's going on around you - other runners, cars, trains and commuters can all pose a danger by simply stepping in front of you.

CONCLUSION

So what can we conclude? Well all the evidence suggests that music can in fact help you with running by providing you with a psychological boost to help you keep on going. However it does not appear to improve actual performance, so choosing to go without music shouldn't impact your times, but you may need to find motivation elsewhere.



It's important to note that some races don't actually allow the use of headphones, so be sure to check with the event organiser beforehand.



TRAINING PLANS

TRAINING FOR A 10K

Have you recently signed up for a 10K event? Maybe you're running to raise money for a good cause, or perhaps you're just looking for a new fitness challenge. Whatever the reason, after the initial buzz and excitement of signing up it's perfectly normal to feel panic setting in about how you are going to train for your upcoming race!

Training before you head out and take on that 6.2 mile run is really important, not only to help you improve your 10K time and fitness levels but also to avoid injuries on race day.

HOW LONG DOES IT TAKE TO TRAIN FOR A 10K?

The answer to this question will depend on a few things, such as your current fitness level, your goals (are you aiming for a new personal best time, or just hoping to cross the finish line?) and of course, how much time you actually have before race day to train.

There are a range of training schedules, that can guide runners of all levels, to take you from easy runs to higher intensity workouts as you build up to your race. The number of weeks covered in a training plan will usually dictate how much you can expect your fitness and performance to improve before you run a 10K. For example, if you only have two weeks to train you are much less likely to see a marked improvement in your race time than if you had been training for eight weeks.

Following a training plan can help to give your training more structure and keep things fun. Over the next few pages, we'll provide you with 10K training plans to suit your current running experience, which will help you get up to speed (no pun intended!).

TRAINING FOR A 10K: BEGINNER

TRAINING PLAN FOR A 10K IN 8 WEEKS

8 weeks is ample time to get yourself up to speed with running a 10K, especially if you are new to the distance or new to running in general. Even beginners starting from zero hours of running each week can hope to build up their strength and endurance through the training programme and comfortably complete the 6.2 mile run by race day.

The initial weeks will focus on building up your running distance with shorter, easier runs with periods of walking, and then build up the amount of miles you cover each week. Towards the end of the 8 week programme you will have built up your strength to complete steady runs of longer distances. You may also be looking at increasing your speed and challenging yourself to lower your average running time by the end of the programme.

PACING CHART

Distance	Finish in 1hr 30 mins	Finish in 1hr 20 mins	Finish in 1 hr 10 mins
2KM	18 mins	16 mins	14 mins
4KM	36 mins	32 mins	28 mins
6KM	54 mins	48mins	42 mins
8KM	1hr 12 mins	1hr 4 mins	56 mins
10KM	1hr 30 mins	1hr 20 mins	1hr 10 mins

TRAINING FOR A 10K: BEGINNER

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest day	22 mins walk/run: 5 mins walking 5 mins easy running 2 mins walking 5 mins easy running 5 min walk	Rest day	29 mins walk/run: 5 mins walking 5 mins easy running 2 mins walking 5 mins easy running 2 mins walking 5 mins easy running 5 mins walking	Rest day	30 mins walk/run: 10 mins walking 5 mins easy running 10 mins walking 5 mins easy running	Rest day
2	Rest day	28 mins walk/run: 5 mins walking 8 mins easy running 2 mins walking 8 mins easy running 5 min walk	Rest day	24 mins walk/run: 10 mins walk/run 2 mins walking 10 mins walk/run 2 mins walking	Rest day	30 mins walk/run: 5 mins walking 20 mins easy running 5 mins walking	Rest day
3	Rest day	30 mins walk/run: 5 mins walking 20 mins easy running 5 mins walking	Rest day	25 mins walk/run: 5 mins easy running 1 min running, 2 mins walking (x5) 5 mins easy running	Rest day	30 mins walk/run	Rest day
4	Rest day	30 mins easy run	Rest day	30 mins walk/run: 5 mins easy running 2 min running, 2 mins walking (x5) 5 mins easy running	Rest day	40 mins easy run	Rest day
5	Rest day	30 mins easy run	Rest day	35 mins walk/run: 5 mins easy running 3 min running, 2 mins walking (x5) 5 mins easy running	Rest day	53 mins walk/run: 25 mins easy running 3 mins walking 25 mins easy running	Rest day
6	Rest day	35 mins easy run	Rest day	45 mins walk/run: 10 mins easy running 4 min running, 1 mins walking (x5) 10 mins easy running	Rest day	60 mins walk/run: 30 mins easy running 30 mins walk/run	Rest day
7	Rest day	35 mins easy run	Rest day	53 mins walk/run: 10 mins easy running 5 min running, 30s walking (x6) 10 mins easy running	Rest day	60 mins walk/run: 40 mins easy running 30 mins walk/run	Rest day
8	Rest day	40 mins easy run	Rest day	59 mins walk/run: 10 mins easy running 6 min running, 30s walking (x6) 10 mins easy running	Rest day	70 mins continuous run (take walking breaks if you need to!)	Rest day
9	Rest day	20 mins easy run	Rest day	56 mins walk/run: 10 mins easy running 10 min running, 2 mins walking (x3) 10 mins easy running	Rest day	50 mins easy run	Rest day
10	Rest day	30 mins easy run	Rest day	Rest day	40 mins easy run	10-15 mins light jogging (avoid overdoing it before race day!)	RACE DAY

TRAINING FOR A 10K: INTERMEDIATE

TRAINING PLAN FOR A 10K IN 8 WEEKS

If you have 8 weeks to spare before you lace up your running shoes on race day, you could really see a difference in your fitness by following an 8 week training schedule! For less experienced runners, the initial build up weeks in an 8 week programme will get you comfortable with running longer distances, starting out with shorter run walk distances then gradually increasing the ratio of running as well as the total miles you will cover each week.

If you are a more experienced runner, you might be worried that an 8 week plan could get boring. Make the build up weeks more interesting by varying your pace or adding in intervals where you run at a fast sprint for a few minutes at a time. Doing hill sprints will also have the effect of strength training and make for a more challenging workout.

PACING CHART

Distance	Finish in 1 hr 10 mins	Finish in 1hr	Finish in 55 mins
2KM	14 mins	12 mins	11 mins
4KM	28 mins	24 mins	22 mins
6KM	42 mins	36 mins	33 mins
8KM	56 mins	48 mins	44 mins
10KM	1hr 10 mins	60 mins	55 mins

TRAINING FOR A 10K: INTERMEDIATE

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest day	35 mins easy run	Rest day	35 mins easy run	Rest day	25 mins easy run	50 mins easy run
2	Rest day	35 mins easy run	Rest day	25 mins walk/run: 3 mins running at your current 10K race pace, 2 mins walk/jog (x5)	Rest day	25 mins easy run	60 mins easy run
3	Rest day	35 mins easy run	Rest day	40 mins run/jog: 10 mins easy jogging 20 mins running at a hard & controlled pace 10 mins easy jogging	24 mins walk/run: 1 min easy running, 1 mins walk/jog (x12)	25 mins easy run	50 mins easy run
4	Rest day	35 mins easy run	Rest day	25 mins easy run	Rest day	25 mins easy run	30 mins easy run
5	Rest day	35 mins easy run	Rest day	36 mins walk/run: 6 mins running at your current 10K race pace, 3 mins walk/jog (x4)	Rest day	25 mins easy run	50 mins easy run
6	Rest day	35 mins easy run	Rest day	23 mins walk/run: 1 min running at your current 3K race pace, 75s walk/jog (x10)	Rest day	25 mins easy run	60 mins easy run
7	Rest day	35 mins easy run	Rest day	25 mins walk/run: 2 mins running at your current 5K race pace, 90s walk/jog (x7)	Rest day	25 mins easy run	50 mins easy run
8	Rest day	35 mins easy run	Rest day	30 mins walk/run: 3 mins running at your current 10K race pace, 2 mins walk/jog (x6)	Rest day	25 mins easy run	50 mins easy run
9	Rest day	35 mins easy run	Rest day	38 mins run/jog: 10 mins easy jogging 10 mins running at your current half marathon pace 8 mins running at your current 10K pace 10 mins easy jogging	Rest day	25 mins easy run	45 mins easy run
10	Rest day	35 mins easy run	Rest day	20 mins easy run	Rest day	Rest day	RACE DAY

TRAINING FOR A 10K: ADVANCED

TRAINING PLAN FOR A 10K IN 8 WEEKS

If you have 8 weeks to go before your 10K, you have a reasonably comfortable amount of time to train up and start to see a difference in your strength, stamina and average run times. As with most training programmes, an 8 week programme will start out with easier runs, with intervals of slower running and sprinting, and build the length of running time and distance over the 8 week course. By the end of the training programme you should be able to see a marked improvement in your pace and stamina.

If you are an intermediate or more experienced runner, already running several times a week, following an 8 week plan should help you to focus your training and see improvement in the areas you are hoping to work on. That could include increasing the amount of longer runs you complete or improving your average speed.

PACING CHART

Distance	Finish in 55 mins	Finish in 50 mins	Finish in 45 mins
2KM	11 mins	10 mins	9 mins
4KM	22 mins	20 mins	18 mins
6KM	33 mins	30 mins	27 mins
8KM	44 mins	40 mins	36 mins
10KM	55 mins	50 mins	45 mins

TRAINING FOR A 10K: ADVANCED

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest day	20 mins easy run	Rest day	20 mins easy run	Rest day	20 mins easy run	30 mins easy run
2	Rest day	20 mins easy run	Rest day	25 mins walk/run: 3 mins running at your current 10K race pace, 2 mins walk/jog (x5)	Rest day	20 mins easy run	40 mins easy run
3	Rest day	30 mins easy run	Rest day	45 mins run/jog: 10 mins easy jogging 25 mins running at a steady pace 10 mins easy jogging	24 mins walk/run: 1 min easy running, 1 mins walk/jog (x12)	30 mins easy run	45 mins easy run
4	Rest day	30 mins easy run	Rest day	1 hr 48mins walk/run: 2 mins running at your current 5K race pace 25 mins walk/jog (x4)	Rest day	30 mins easy run	40 mins easy run
5	Rest day	30 mins easy run	Rest day	30 mins run: 5 mins easy running 20 mins steady pace running 5 mins easy running	Rest day	25 mins easy run	40 mins easy run
6	Rest day	30 mins easy run	Rest day	2 hr 38mins walk/run: 25 mins running at your current 5K and 10K race pace 2 mins walk/jog (x6)	Rest day	30 mins easy run	50 mins easy run
7	Rest day	30 mins easy run	Rest day	32 mins walk/jog: 10 mins easy jogging 8 mins running at your goal 10K pace 4 mins running at your current 5K pace 10 mins easy jogging	Rest day	30 mins easy run	60 mins easy run
8	Rest day	40 mins easy run	Rest day	35 mins run: 30 mins steady running 5 mins hard running	Rest day	30 mins easy run	50 mins easy run
9	Rest day	30 mins easy run	Rest day	38 mins run/jog: 6 mins running at your current half marathon pace 2 mins walk/jog (x3)	Rest day	30 mins easy run	45 mins easy run
10	Rest day	35 mins jogging	Rest day	20 mins easy run	Rest day	10 mins easy run	RACE DAY

RUNNING TERMINOLOGY

DISTANCES

Metric mile	1500m, which is the international racing distance closest to the imperial mile
100 metres	Shortest common sprint race distance that is held outdoors
200 metres	1/2 lap around a standard distance track
400 metres	1/4 mile, one lap around a standard distance track
800 metres	1/2 mile, two laps around a standard distance track
1200 metre	3/4 mile, three laps around a standard distance track
1500 metres	0.93 mile, a metric mile, 3 3/4 laps around a standard track
5k	3.1 miles; 5,000 metres
10k	6.2 miles; 10,000 metres
50k	31.1 miles

ACRONYMS

BQ	Boston qualifier, this refers to any marathon that's certified to award you a ticket to the coveted Boston Marathon, based on your time
CR	Course record, the fastest time run on a specific course
DFL	Dead freaking last. But don't be disheartened, it's still better than not running at all!
DNF	Did not finish
DNS	Did not start
DOMS	Delayed onset muscle soreness. You typically experience this type of muscle soreness around 24-48 hours after completing a particularly intense or long distance run

RUNNING TERMINOLOGY

FKT	Fastest known time
ITB	Iliotibial band, the fascia band that runs from your hip to the knee
LSD	Long, Slow Distance
MUT	Mountain/ultra/trail runner
NR	National Record. The fastest time recorded for any given distance within that country
PR/PB	Your personal record or personal best time for a distance or course

MISC RUNNING TERMS

Aerobic	Aerobic respiration is when you're running or doing other exercise at an intensity that's sufficiently easy for your respiratory and cardiovascular systems to deliver all or most of the oxygen required by your muscles, and slow enough that lactic acid doesn't appreciably build up in your muscles. With enough endurance, a slow aerobic pace can be sustained over long distances.
Anaerobic	Anaerobic respiration is when you are exercising at an intensity that makes it impossible for your respiratory and cardiovascular systems to deliver all or most of the oxygen required by your muscles, and fast enough that lactic acid begins to build up in your muscles. The build up of lactic acid quickly leaves muscles feeling tired and heavy, and as a result anaerobic running is difficult to sustain.
Anaerobic threshold (AT)	This is the transition phase from aerobic and anaerobic running. You can increase AT by training your muscles to use oxygen more efficiently, and as a result produce less lactic acid. Also sometimes known as "lactate threshold."

RUNNING TERMINOLOGY

Chip time	At many organised running events you will be given a chip with a unique ID that records your running time. It's a much more accurate way to measure times and can help to deal with the issue of several runners finishing a race all at once. You attach the chip to your shoe lace and it sends a signal to an electronic reading device when you cross the start line and again when you cross the finish line
Cool-down	A slow run, jog or walk done after a run to loosen your muscles and rid the body of lactic acid. Cooling down is important for avoiding injuries
Fartlek	Swedish for "speed play;". A fartlek run uses a mixture of slow running, running at a moderate pace and short, fast bursts to help build up speed and endurance
Fuel	Fuel is all about getting the right nutrition to sustain your run. Fuel for running comes in all kinds of forms, such as energy gels, chews, bars, and even jelly beans. We recommend that you try to eat around 100 calories after an hour of running
Intervals	An interval running plan helps to build up speed and endurance through alternating between periods of intense, fast paces followed by less intense recovery periods. During the intense bursts you push yourself close to your peak heart rate, then allow it to fall back down as you slow your pace to a jog
Lactic acid	Lactic acid is the acid that is produced in the muscles as a result of the incomplete breakdown of glucose, usually during anaerobic respiration. Lactic acid causes muscles to feel sore and heavy
Maximum heart rate	Your maximum heart rate is the highest number of beats per minute your heart can pump whilst under maximum stress
Negative splits	Running the second half of a race faster than the first half
Out and back	A course that entails running out to a turnaround spot, and then returning back to the starting point
Pace	The number of minutes it takes you to cover a mile or kilometre
Point to point	A run or race that starts and ends in different places

RUNNING TERMINOLOGY

Runner's high	The feel-good feeling directly associated with vigorous running and caused by the release of endorphins
Splits	Your times at mile or kilometre markers or other pre-planned checkpoints along the way to the finish line of a race
Strides	Strides are short, fast, but controlled runs of 50 to 150 meters used both in training and to warm up before a race to build speed and efficiency
Taper	Before big races, runners usually cut back their mileage (known as tapering) to help their muscles rest so that they are ready for peak performance on race day. Depending on the race distance runners can start tapering from a day up to a few weeks before their race
Target heart rate	A range of heart rate reached during aerobic training, which enables an athlete to gain maximum benefit
Tempo runs	Tempo runs are sustained effort training runs. They are usually 20 to 30 minutes in length and run at 10 to 15 seconds per mile slower than your 10-K race pace. When doing tempo run training you should aim for a pace about midway between short-interval training speed and your easy running pace.
The wall (hitting the wall)	The wall is a mental and physical blocker experienced by runners that makes you feel like you can't possibly move another step. It is however, usually possible to fight through and find your second wind
Threshold runs	Threshold runs consist of 5 to 20 minutes at a pace just a little slower than your 10K racing pace, a pace that is roughly equivalent to being at your lactate threshold. This is the point just before your muscles start to burn energy anaerobically, producing lactic acid. Running at or near lactate threshold is believed to raise your lactate threshold, which should allow you to run faster in the future
VO2Max (maximal oxygen consumption)	The maximum amount of oxygen that a person can extract from the atmosphere and then transport and use in the body's tissues
Warm-up	A warm-up is an important pre-workout to raise your heart rate so that your body (and its muscles) are looser before a tough workout begins



ULTIMATE 10K RUN GUIDE