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10km Trek Training Plan-Beginner

Together we are
beating cancer

10km Trek - Before training



Getting started

Performance training and developing your fitness can seem complicated at times with lots of information and conflicting advice. In truth it can be kept simple. The key is the training triangle you see overleaf. Most of us think about the training sessions we need to do to become stronger, fitter or faster. You won't really make gains until the other two sides of the triangle - the nutrition, and the rest and recovery are also considered as much focus and attention. As you increase your training keep the triangle in balance by improving your nutrition by ensuring you listen to your body and respect its need to rest to improve.

Things to consider

Always substitute cross-training for walking if you are injured, very sore or it's not safe to walk.

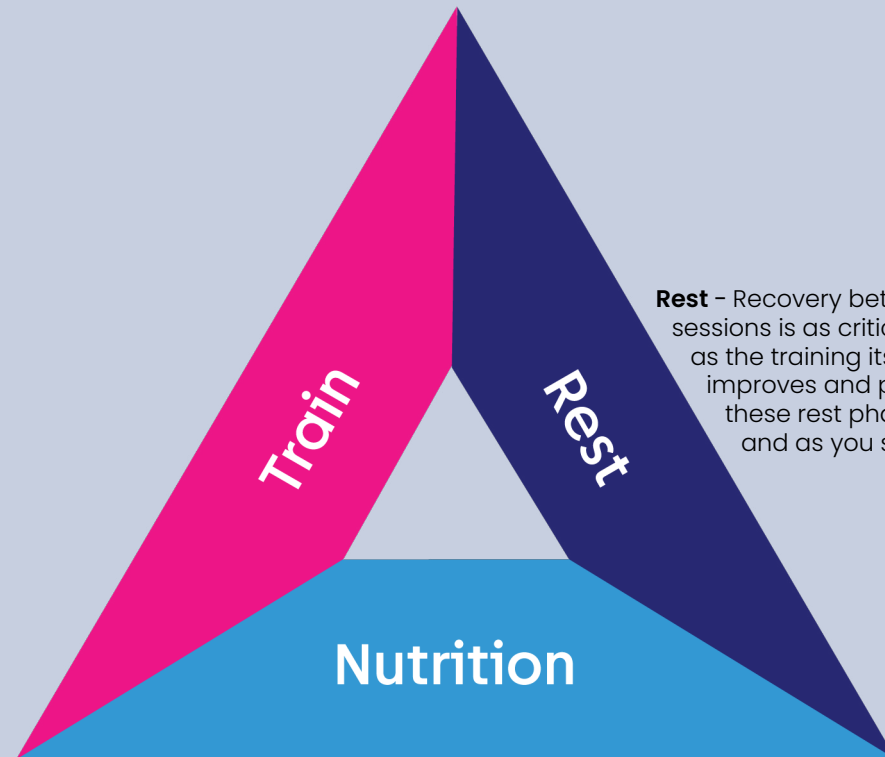
Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.

Try to stretch every day for at least 10 minutes.

Always eat within 20–30 minutes of finishing a walk.

Always train at the specified efforts; don't compromise or walk too hard. Tiredness always catches up, so take extra rest if required.

Training Triangle



Rest – Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Nutrition – You need to fuel your training and recovery correctly to ensure you have the right macro and micro nutrients in the body to both have the energy to train hard, but also heal muscles and cells between sessions and keep your immune system, blood and bones strong.

10km Trek - Training plan



Week	MON	TUES	WED	THURS	FRI	SAT	SUN
01	Core exercises: Plank, press-ups and bridge for 30-40 secs each, then repeat 3 times	40-minute easy walk, ideally pre breakfast	Rest	40-minute walk with 4 x 5 minutes at the brisk effort in the middle with 90 seconds easy between the efforts	Rest	Optional cross training – easy 30-40 minutes	60 mins remain relaxed and conversational throughout
02	Core exercises: Plank, press-ups and bridge for 30-40 secs each, then repeat 3 times	40-50-minute easy walk, ideally pre breakfast aim to mix terrains with grass and tarmac if you can	Rest	45-minute walk with 5 x 5 minutes at the brisk effort in the middle with 90 seconds easy between the efforts	Rest	Optional cross training – easy 30-40 minutes	75 minutes easy but over undulating terrain
03	Core exercises: Plank, press-ups and bridge for 30-40 secs each, then repeat 3 times	40-50 minutes with the middle 20 minutes as 1 minute power walk, 1 minute easy continuously	Rest	45-minute walk with 3 x 8 minutes at the brisk effort in the middle with 90 seconds easy between the efforts	Rest	Optional cross training – easy 30-40 minutes	90 - 100 minutes with the final 20-30 at a steady or brisk pace

Continued plan

***Fartlek** - Swedish term that literally means "speed play". It involves several bursts of effort over a variety of distances with a variable recovery.

***S&C** - stands for strength and conditioning

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
04	Core exercises: Plank, press-ups and bridge for 30-40 secs each, then repeat 3 times	45-60 minutes with the middle 16 minutes as 1 minute power walk, 1 minute easy continuously	Rest	45 minutes with 8 mins brisk effort + 5 x 2 mins power walk + 8 mins brisk effort all with 60-90 seconds recovery	Rest	Optional cross training – easy 30-40 minutes	100-110 minutes over an undulating route with the final 30 minutes at a steady to brisk effort
05	Core exercises: Plank, press-ups and bridge for 30-40 secs each, then repeat 3 times	45-60 minutes with the middle 20 minutes as 1 minute power walk, 1 minute easy continuously	Rest	45 minutes with 10 mins brisk effort + 5 x 2 mins power walk + 10 mins brisk effort all with 60-90 seconds recovery	Rest	Optional cross training – easy 30-40 minutes	75 minutes easy
06	Core exercises: Plank, press-ups and bridge for 30-40 secs each, then repeat 3 times	30-40 minutes with 4 x 5 minutes brisk effort with 60s easy walk recovery.	Rest	30-minute easy walk and stretch	Rest	Optional cross training – easy 30-40 minutes	10km trek – good luck!