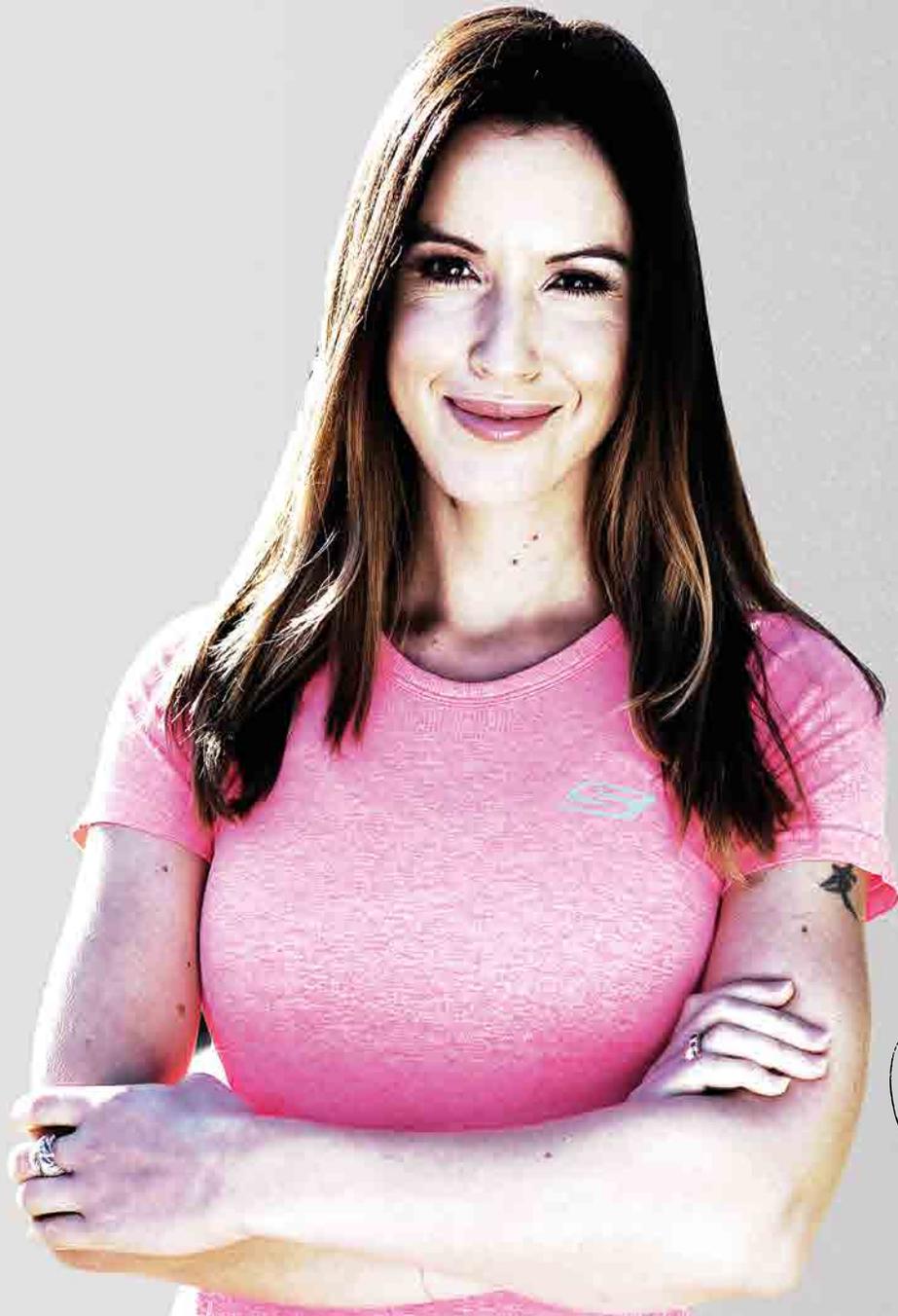


BO NETWORK **DY**



CHARLIE WEBSTER'S
10K TRAINING PROGRAMME

Charlie x

CHARLIE WEBSTER'S

10K TRAINING PROGRAMME

Welcome to my 10km Training Programme.

Whether you're a total running newbie or a seasoned pro, this programme was designed to increase your endurance and improve your technique so you can tackle 10km runs like champion. Want a new PB? You got it. Just want to finish the race? I'll get you there too!

This programme lasts 12 weeks and includes everything you need to get 10km ready, from interval runs to those all important cross training sessions.

To get the best out of the programme, I would advise not missing any workouts and giving every training session your absolute best effort. Some days will be better than others, so don't let one bad workout get you down – just be sure to get back out there next time!

In addition to the timetable below, you will also need my three Body.Network online videos:

- › Abs & Core
- › Stability & Conditioning
- › Plyometrics

And if you want more help, try my Interval training podcasts available to download.

You will complete three types of runs while training, they are interval, tempo and long runs. It is important that you do all of the runs listed to build strength and get continuous progress in your running. The three runs are explained on Page 3 to help you understand the importance of each.

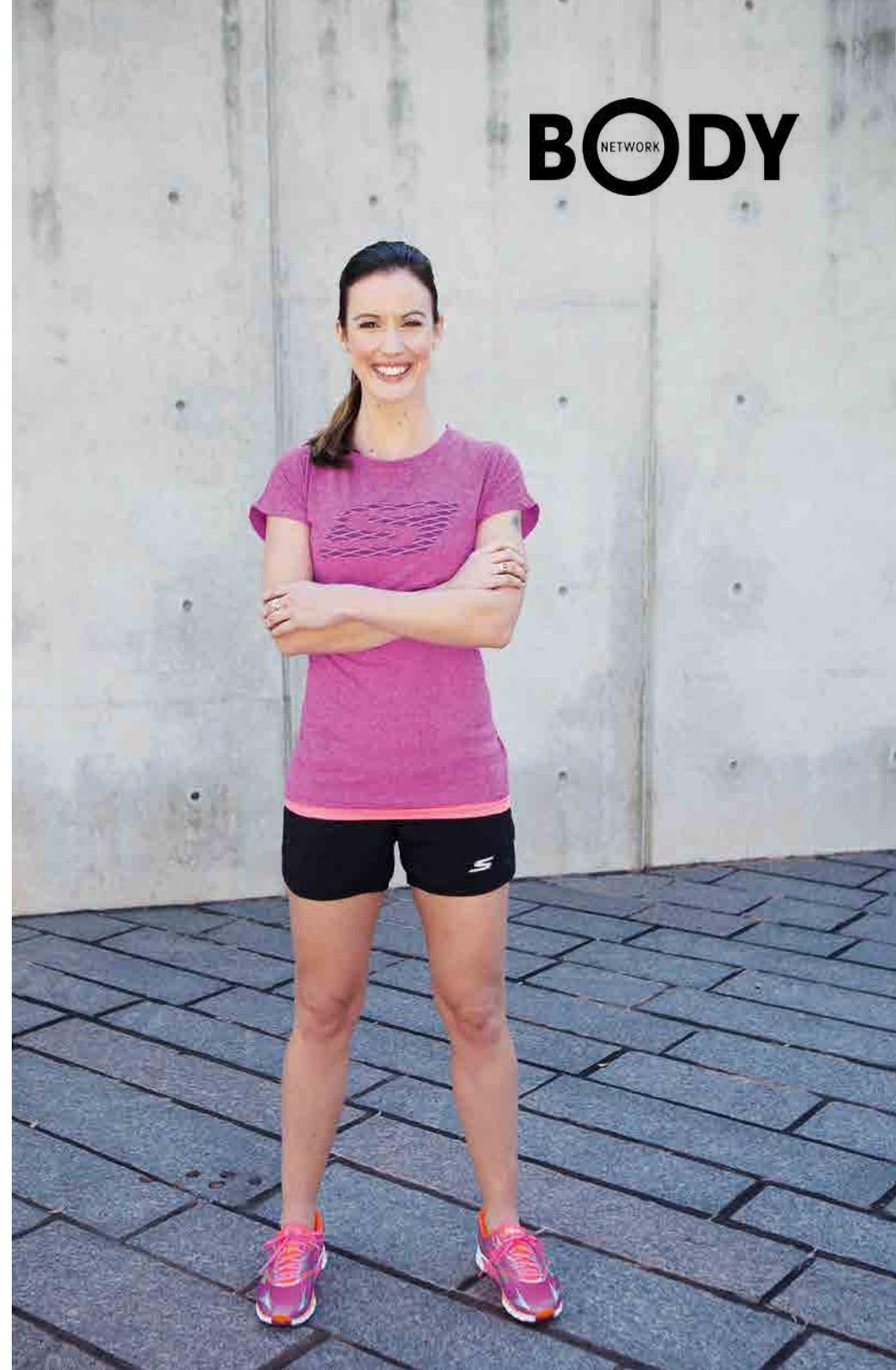
IMPORTANT! Always have at least one rest day a week. Your body needs time to recover and rebuild, and the only time this happens is when you're resting. And don't even THINK about skipping out on sleep! Prioritise 7-8 hours, every night.

Good luck with your training programme! Keep me posted on your progress (and your race results!) on Twitter at @CharlieCW or on Instagram at @charliewebster



Love Charlie x

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WHAT YOU NEED TO KNOW BEFORE YOU GET STARTED



Rather than just getting out there and pounding the pavement mindlessly, you'll actually be doing three types of running in this training programme – intervals, tempo runs and long runs. Here's what they are (and why they're important!):

INTERVALS

These runs are broken down into varying periods of high effort followed by periods of low effort or active rest – fast alternated with slow running, essentially. To be as effective as possible, your 'high effort' during intervals needs to be performed at your personal level 9-10 out of a possible 10. So push yourself! These runs are so important because they will train your body to work at a higher threshold than it's currently used to, which will result in a faster pace over longer distances. Result! Take advantage of rest periods and use them to recover as best as possible so you can keep your effort level high during each interval

TEMPO RUNS

Tempo runs are shorter runs at a faster pace, and need to feel "comfortably hard". The purpose of this style of running is to improve your body's ability to deal with fatigue while running at a faster pace for extended periods. Use these guidelines to help make sure you complete these runs in the right way:

- ▶ If you've recently run a race: Add 30 to 40 seconds to your current 5km pace, or 15 to 20 seconds to your 10km pace.
- ▶ If you haven't done an event or don't know your pace: use perceived exertion. You are going for a level 7-8 on a 1-10 scale (a comfortable effort would be a 5; racing would be close to a 10).
- ▶ If the above is too difficult: try the talk test. Asking a question like "Pace okay?" should be possible, but conversation won't be.

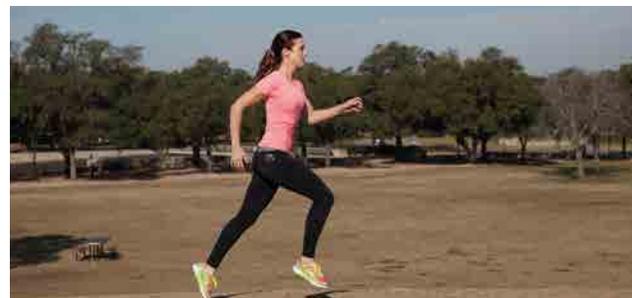
LONG RUN

What they say on the tin! Long runs are important for a number of reasons: firstly, they help you adapt physically to spending more time on your feet. Plus, they help improve your mental strength when it comes to running for long periods – this is a huge aspect of staying motivated during longer runs. Thirdly and perhaps most importantly, they create a crucial adaptation in your heart so it can increase the volume of blood it pumps around your body with each beat. The result is a lower resting heart rate, lower running heart rates, and greater cardiac efficiency. The less work your heart has to do to pump blood, the easier oxygen can get to your working muscles – and the less tired you'll feel!

Keep longer runs to a conversational pace or perceived exertion of around 5-6 out of 10. If you have a heart rate monitor, work at a heart rate of between 120 and 150 beats per minute.

CROSS TRAINING SESSIONS

Cross training is essential, as you need more than just endurance to be a successful runner – strong muscles are what give you an edge.



ABS AND CORE WORKOUTS

Having a strong and stable core is important for any sport, and running is definitely no exception. The ability to hold good running form for extended periods of time is a performance-defining factor, and these workouts will help build and maintain ab strength and endurance, so your body is better equipped to deal with the impact of running.

STRENGTH TRAINING, STABILITY AND CONDITIONING CIRCUIT AND PLYOMETRICS

Strength training is an often neglected part of a runner's training programme. But it has so many benefits to performance that it would be foolish not to include it. The workouts in this programme are designed to enable the body to contract muscles faster, more forcefully and more efficiently, which all adds up to improved performance during runs. In addition to all this, strength training will enhance tendon and ligament strength, thus helping to protect joints against overuse injuries commonly seen in running.

THE TRAINING PROGRAMME



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week	Intervals	Conditioning		Tempo Run	Rest Day	Long Run	Conditioning
1	Intervals 1	Abs & Core		3 km	Rest	6 km	Stability & Conditioning circuit
2	Intervals 1		Abs and Core	1.5 km, 1 km (easy), 1.5 km	Rest	7 km	Stability & Conditioning circuit
3	Intervals 1	Abs & Core		4 km	Rest	8 km	Stability & Conditioning circuit
4	Intervals 1		Abs and Core	3 km	Rest	6 km	Stability & Conditioning circuit
5	Intervals 2	Strength Programme		4 km	Rest	8 km	Plyometrics + Stability and conditioning circuit
6	Intervals 2		Strength programme	2 km, 1 km (easy), 2 km	Rest	9 km	Plyometrics + Stability and conditioning circuit
7	Intervals 2	Strength Programme	Intervals 1	5 km	Rest	10 km	Plyometrics + Stability and conditioning circuit
8	Intervals 2		Strength Programme	4 km	Rest	8 km	Plyometrics + Stability and conditioning circuit
9	4 miles easy	Strength Programme	Intervals 1	6 km	Rest	10 km	Plyometrics + Stability and conditioning circuit
10	Intervals 2		Strength programme	2 km, 1 km (easy), 2 km, 1 km (easy) 1 km	Rest	8 km	Plyometrics + Stability and conditioning circuit
11	Intervals 2	Strength Programme	Intervals 1	6.5 km	Rest	7 km	Plyometrics + Stability and conditioning circuit
12	Intervals 1	3 miles easy		3 km	Rest	2 km (easy)	10K Race

The speed of your tempo runs should be between a 10k pace and no more than 20 seconds per mile slower than your 10k pace.

Before you do interval and tempo runs, warm up with the foam rolling and dynamic stretching programme, plus a 10-minute jog. Do a 5-minute jog to cool down, with some static stretching.

Long runs should be carried out your normal 5k pace, just 45 seconds per mile slower. Begin by performing the foam rolling and dynamic stretching programme, then during the first 3 minutes of long runs, ease into building up to the required pace. The last 3 minutes should be easing down to a jog to finish. Follow these runs with static stretches.

FREQUENTLY ASKED QUESTIONS - RUNNING



1. Which is better: running outside or on a treadmill?

Treadmill running is a perfectly good way to train, and will certainly help if you want to run further or faster. However, a treadmill gives you a bit of an unfair advantage, as the road moves for you! Of course the difference is minor, but you might find that running outside is more difficult than you thought if you previously only used a treadmill. There is a little less work required from the bottom and hamstrings on a treadmill too, which reduces calorie burn slightly. However, you can counter this by setting the treadmill's incline to 1-2%. Also, running outside requires more use of your stabilising muscles in the ankles, knees, hips and back as you cope with a more undulating or rough terrain, which is great for general physical conditioning.

2. Is running the best fat-shifter?

Running requires a large amount of effort and is one of the highest calorie burning exercises (around 7-11 calories per kilo of weight per hour). It is also universally accessible and only requires you and your running shoes to take part. So while it's a great way to burn calories, any successful weight loss plan needs to combine a variety of cardio and resistance exercises with a healthy eating regime.

3. How long do you have to run before you start burning calories?

You're burning calories from the minute you start running. And the faster you run, the more calories you burn! But you might find that you can't run for very long when you go too fast, so aim for 30-60 minutes of running at a pace that is testing but sustainable.

4. Can anyone start running at any age – is there danger for older people?

If you've not run before, you should start by combining small periods of running with a fast-paced walk – focus on starting slowly and building up gradually. If you have any pre-existing knee, hip or back problems, consult your doctor to clarify whether you have any personal risks that mean you shouldn't run. Running is an excellent way to increase bone density in the legs, hips and pelvis and is extremely beneficial in increasing leg strength. This actually makes it great for older people, who are more at risk of low bone density.

5. How often should I run?

Depending on your goals and fitness level, you can run as many as five times per week. Start with two runs and build up over the course of 6-8 weeks. If you're planning to do a 10k run, you'll need to be exercising four times per week using a variety of distances and speeds, including interval training (as above), where you alter your pace or gradient to create a healthy workload for the heart and lungs.

6. Does running bulk up your legs?

Running fast or sprinting will increase muscle mass in your legs, but running for long durations does not change your leg size dramatically. You may feel as though your legs are bigger the more you run, but that's simply because the muscles are firmer. However for most people there is little or no change in actual leg size when doing middle distance and long runs.

7. Is running dangerous for the heart?

Any exercise can be dangerous for the heart, but only if you train in the wrong way. Running is no different to any other exercise in that you need to monitor your training level, especially when starting a running routine for the first time or if you are overweight. Wear a heart rate monitor to track your heart rate and you will be able to stay within the appropriate prescribed training zone. If you have concerns about high blood pressure, you should consult your doctor before doing any exercise.

8. What body type is running best for?

Running suits all body types and can be used in different ways for each type. If you have a pear shaped body, you might want to steer away from hill training more than once each week, and focus on moderate to fast pace 20-30 minute runs to tone the legs, 2-3 times per week, instead. For tube shapes, hill running is perfect for creating curves and for hourglass figures, long, steady paced running will tone your curves.

10. Should running complement other sports, or is it enough on its own?

There is no one exercise that is the Holy Grail of fitness. If you play sport, running can support your fitness across a wide range of activities and be adjusted in terms of duration, speed and terrain to suit the sport you're aiming to get fitter for. If running is your primary activity, you also need to do a range of exercises to increase muscle strength. These cross-training sessions should focus particularly on the waist, abs and core to keep your stability high, which will also help you run further and/or faster.

FREQUENTLY ASKED QUESTIONS - RUNNING



11. Is it better to run on grass or pavement?

With good running shoes, either is fine, so it's more of a personal preference. Running on grass is slightly more difficult, especially in the winter as the surface can be more slippery. As running on paths doesn't have as much of a slip-risk, you can increase your speed a little more.

12. After giving birth, how soon can I start running?

After a natural birth you should wait at least 4-6 weeks to do any exercise, and after a C-section, you need to wait about 7-9 weeks. Always get the all clear from your doctor before starting up any exercise regime after having a baby.

13. Should you listen to music when you run?

A good playlist can be great for motivation. I'd just advise choosing your tracks wisely – you don't want to get to a tough point in your run just as a tear-jerking Norah Jones tune comes on!

14. Does running make your boobs and face saggy?

Aerobic exercise, including running, increases the levels of collagen in your skin which means it actually boosts plumpness on the face and body. Excessive mileage, however (25+ per week) could make a person look more aged, but this is often due to other factors such as dehydration or poor nutrition.

As with all high impact exercise, anyone jogging should wear a well-fitted sports bra that provides complete support. Damage to the breast tissue can be caused through any excessive movement, but can be avoided with the correct support. Shock Absorber have a good range of sports bras for all sizes.

15. How can I avoid common running injuries?

Some of the most common running injuries are caused by tight Iliotibial Bands (ITB's), on the outside of the thighs. Stretching these muscles after running and using massage or a roller pad to manipulate these muscles can alleviate much of the risk that exists. Always take some time to warm up before the most intense part of your run, as this will ensure that your blood circulation and joint mobility has time to increase.

16. What's the best time to run?

There's no right or wrong time to run, as every person's body, motivation and schedule is different. However, many find that first thing in the morning they are too stiff to run effectively. In a perfect world you would run at around 11am when the body is woken up, but you are not yet fatigued by the day.

17. As a beginner, what gear do you actually need?

Running trainers – go to a specialist shop and have a gait analysis (which are often free) to find the best fit and support for you.

18. How do you work out your optimum heart rate?

Broadly, your maximum heart rate is calculated as 220 minus your age – so if you're 40, your maximum heart rate is 180. You should run at a constant pace at around 75% of your maximum heart rate, if you are running for 20-60 minutes.

