

2023 Youth 10k Training Program for Beginners

If this sounds like you, then we will help you to get ready to participate in this exciting 10k! As you prepare, start by walking and transition gradually into running. The purpose of beginning like this is to condition your heart and lungs, other muscles, connective tissue, and your mind. You may be tempted to progress faster, but it is wiser to work at a slow and steady pace. If you feel the need to progress faster, please consult your school coordinator or coach.

When incorporating running, remember to start off **running at a slow, comfortable pace**, then gradually introduce faster running. Mixing in a combination of walking and running is a good way to build your endurance. Make sure you **get a good pair of running shoes**. Don't try to make do with shoes that are really old or not suited for running. You may end up injured.

Expect to feel a **little soreness** the first week or two. You may not have exercised much, and it will take a little while for you to adjust. If you feel more than general muscle soreness, slow down! Don't try to keep pushing through pain, this could result in serious consequences! If you feel pain, rest and use ice. Talk to your school coordinator or coach or to someone who has experience with running-related injuries. If you have to, take a break for injury or family commitments, but, please **don't give up!** If you miss a workout or two, just pick up where you left off. Don't try to cram in or double up missed workouts. The days of the week listed are just for guidance. **Run on the days that best suit your schedule.** Modify if necessary.

EASY – The easy runs should be at a slow comfortable pace. These are really recovery runs. Don't worry if you don't feel tired afterwards. These runs help to get your muscles used to the miles and help to keep you moving.

STEADY – These are the longer runs each week. They should be run at a comfortable pace where you can talk easily with your friends. Don't try to go as fast as you can. These runs are geared toward getting you used to going longer distances. Don't get competitive and think this is a race. Remember to keep a steady pace.

WALK/CROSS-TRAINING – On the schedule this is listed as Cross Train or Walk. It could be swimming, cycling, walking or other aerobic training. What cross training you select is your personal preference. But, don't make the mistake of cross-training too vigorously. Cross-training days should be easy days that allow you to recover from the running you do the rest of the week, while also providing a different activity that helps maintain your fitness level. Cross-training means engaging in physical activity that is aerobic, but does not tax your skeletal system and connective soft tissue the same way running does.

REST – Rest is an integral part of your training. If you would like to go for an easy walk on your rest days that is okay but don't push it. Be realistic about your fatigue level and don't feel guilty if you decide to take an additional day off. Remember that the rest days give your muscles a chance to rebuild. Rest builds strength!

Remember to have fun and good luck!

SUN	MON	TUES	WED	THURS	FRI	SAT
2/12 Rest	2/13 1 Mile Run/Walk Steady	2/14 Rest	2/15 1.5 Miles Easy	2/16 1 Mile Run/Walk Steady	2/17 Rest	2/18 Cross Train or Walk
2/19 Rest	2/20 2 Miles Steady	2/21 Rest	2/22 1.5 Miles Easy	2/23 2 Miles Easy	2/24 Rest	2/25 Cross Train or Walk
2/26 Rest	2/27 3 Miles Steady	2/28 Rest	3/1 2 Miles Easy	3/2 3 Miles Mixed	3/3 Rest	3/4 Cross Train or Walk
3/5 Rest	3/6 3 Miles Steady	3/7 Rest	3/8 2.5 Miles Easy	3/9 3 Miles Mixed	3/10 Rest	3/11 Cross Train or Walk
3/12 Rest	3/13 4 Miles Steady	3/14 Rest	3/15 3 Miles Easy	3/16 4 Miles Mixed	3/17 Rest	3/18 Cross Train or Walk
3/19 Rest	3/20 3 Miles Steady	3/21 Rest	3/22 2 Miles Easy	3/23 3 Miles Mixed	3/24 Rest	3/25 Cross Train or Walk
EASY WEEK	EASY WEEK	EASY WEEK	EASY WEEK	EASY WEEK	EASY WEEK	EASY WEEK
3/26 Rest	3/27 5 Miles Steady	3/28 Rest	3/29 4 Miles Easy	3/30 5 Miles Mixed	3/31 Rest	4/1 Cross Train or Walk
4/2 Rest	4/3 6 Miles Steady	4/4 Rest	4/5 5 Miles Easy	4/6 4 Miles Mixed	4/7 Rest	4/8 Cross Train or Walk
4/9 Rest	4/10 3 Miles Steady	4/11 Rest	4/12 3 Miles Easy	4/13 Cross Train or Walk	4/14 Rest	4/15 Cross Train or Walk
4/16 Rest	4/17 4 Miles Steady	4/18 Rest	4/19 2 Miles Easy	4/20 Rest or very light cross train	4/21 Rest	4/22 Ukrop's Monument Avenue 10k