



CANCER
RESEARCH
UK

LONDON
WINTER
RUN



TRAINING PLAN

05.02.2023

CANCER RESEARCH UK LONDON WINTER RUN TRAINING PLAN

Build fitness and the confidence to SLUSH your goals with our easy-to-follow 10km training plan. Aimed at beginners and improvers, this plan offers a mix of sessions to keep running enjoyable and help you avoid injury (or as we like to call it, meltdown...) Make sure to read the glossary of terms and our top tips before you get started



FAST RUN

Often only lasting a short period of time, fast running is running at approximately 80-85% maximum effort level.

TIP try to aim for light jogging for your recovery. This will help your fitness as well as MELTDOWN prevention (injury!).



RECOVERY RUN

A run which helps to shake off fatigue in the legs, to be run at a very easy, comfortable pace (you're able to maintain a conversation without feeling breathless).



REST DAY

Let's not sleet around the bush: rest is a crucial part of your training! Take a day off from running and only do other light exercises if you feel like it. Note: continue to do normal daily activities including walking your recommended 10,000 steps.



STATIC RECOVERY

A brief rest where you are just standing still and getting your breath back.

TIP Increase your carbohydrate intake slightly on training days, and up the protein on rest days.



STEADY RUN

An easy-medium paced run at a sustainable pace. Aim for each 'split' (the time for each kilometre or mile run) to be roughly the same. Tip: if you don't know what your 'steady' pace is, simply start your run at a pace which you feel you'll be able to maintain for the time/distance you're running and adjust accordingly.

TIP If you feel nervous before the event, look back at your training plan to remind yourself of your hard work: you've got this!



STRENGTH TRAINING

Who needs a winter fire? Get your sweat on with 15-

30 minutes of weighted exercise from the comfort of your home or gym. With a focus on arms, legs and core, the aim here is to power your running without overloading the body. We recommend checking out 'whole body' workouts on YouTube - many don't even require weights.

TIP Walk or jog to 'warm up' before your session and do the same to 'cool down'. Don't forget to stretch afterwards too!



TEMPO

Run your tempo runs at a pace which is 'comfortably hard'. You might be able to have snatches of conversation with a friend, but for the most part you'll be focused on keeping up your pace and your breathing. **There are 4 tempo runs in your plan; the details for each of these sessions can be found underneath the plan.**

TIP Inconsistency is a slippery slope. Try to find a regular time to train that you stick to throughout the week.

TRAINING PLAN

WEEKS 1-4

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	Strength training	3KM RUN Challenge: Run 1 km fast	Rest Day	4KM RUN TEMPO*	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch
WEEK 2	Strength training	4KM RUN Challenge: Alternate between 1km fast, one km steady	Rest Day	5KM TEMPO** Challenge: Add an extra 1km	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch
WEEK 3	Strength training	5KM RUN 2.5km steady and 2.5km fast	Rest Day	6KM STEADY RUN	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch
WEEK 4	Strength training	7KM STEADY RUN	Rest Day	6KM TEMPO***	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch

***4KM TEMPO RUN** - 1km tempo pace + 90 seconds static recovery or light jogging (repeat x4)

****5KM TEMPO RUN** - 1km tempo pace + 90 seconds static recovery or light jogging (repeat x5)

*****6KM TEMPO RUN** - 2km tempo pace + recovery + 2km tempo pace + recovery + 2km tempo pace with last 1km run slightly faster than all reps

TRAINING PLAN

WEEKS 5-8

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 5	Strength training	5KM RUN • 1 km steady • 3km fast • 1km steady	Rest Day	5KM STEADY RUN Challenge: Add an extra 1km	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch
WEEK 6	Strength training	6KM RUN Try to gradually get faster over each 1 km.	Rest Day	8KM STEADY RUN	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch
WEEK 7	Strength training	6KM TEMPO ****	Rest Day	9KM STEADY RUN	Rest Day	Parkrun or gentle recovery run	Rest 'n stretch
WEEK 8	Strength training	5KM RUN • 1 km steady • 3km fast • 1km steady. Challenge: Maintain or increase pace for the last 1km	Rest Day	7KM STEADY RUN Challenge: Add an extra 1km	Rest Day	Rest or 3km jog	RACE DAY

******6KM TEMP RUN** - 2km tempo pace + recovery + 2km tempo pace + recovery + 2km slightly faster than tempo pace