

ABL Health's Top 10K Training Tips



- We recommend a minimum of **12 weeks training** before the run – you could join a local 5k event or a Park run www.parkrun.org.uk.
- **Wear the right footwear**– all good sports running stores will size you and fit you with appropriate trainers.
- **Warm up and cool down** to help prevent the chance of injury aim to stretch after every run. Hold stretches for 15/20 seconds, rest and repeat.
- Do some **strength training** - aim to train for 30/45mins twice per week doing the main compound exercises - squats, lunges and core.
- **Plan your meals leading up to race day** - try to plan easy plate meals at lunch and dinner time. Fill half your plate with vegetables, a quarter with carbohydrates and a quarter with protein. For example, chicken, rice and mixed vegetables.
- **Remember portion sizes** - one portion of rice or pasta is 75g or roughly about the size of your fist. A balanced diet is all you need to ensure you have enough glycogen to fuel your body during the race.
- **Opt for healthy and nutritious snacks** leading up to the race such as fruit, vegetable sticks, nuts and seeds.
- **Avoid drinking alcohol the night before** as this can leave you feeling sluggish and tired the next day.
- **Have a healthy breakfast 2-3 hours before the start of the race** - for example plain porridge with a fruit topping of your choice. If you do not have enough time then fruit and yogurt or a smoothie would be good options.
- **Stay hydrated** – you should drink at least 6-8 glasses of water every day! Aim to be hydrated at the start of the race. Drink around 500ml of water 2-4 hours before the race.
- **Avoid drinking sport/ energy drinks** as these can contain up to 14tsp of sugar!
- **Don't forget recovery after the run** – it's important to rehydrate, refuel and repair. Drink approximately 300-500ml of water within 30 minutes of finishing the race and frequently over the next few hours. Your recovery meal should include carbohydrates to refuel glycogen stores and protein to repair muscle cells that have been broken down during exercise such as poached eggs on wholemeal toast or jacket potato with tuna and salad.



Have fun and enjoy the race!

Here are our top tips to prepare your body for and look after it during a 10k race.

If this is your **MyFirst 10k event** aim just too simply finish!

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Wear the right footwear– all good sports running stores will size you and fit you with appropriate trainers.

The more miles you can do the better - aim to get to a point where you run can the 10k plus 10%. This can be spread over three runs.

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