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10K Road Race Route



Glenrothes  
ROADRUNNING  
Festival 2019



Glenrothes  
ROADRUNNING  
Festival 2019

### 10K Road Race

A 12 week training guide for novice runners

Family entertainment and attractions from 9.30am



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Scottish Charity No.S 0038464 | Company Registration No.SC336004

# Glenrothes ROADRUNNING Festival 2019

A 12 week training guide for novice runners

Entry to the programme can be at any level



## Safety

- Wear light coloured or reflective clothing
- Run under street lights
- If you must run on roads, face oncoming traffic
- Inform someone of your planned route and estimated time



## Shoes

- Use a recognised running shoe with a cushioned heel and sole
- DO NOT use a shoe with a thick inflexible heel and sole



## Technique

- As a novice you should run very slowly in order to run longer and further



## Fuel

- 1 1/2 to 2 hours prior to training, ensure you have eaten a light snack
- Ensure you drink plenty of water prior to your training session



**Book Now on Entry Central**

[www.entrycentral.com/GlenrothesRRFestival](http://www.entrycentral.com/GlenrothesRRFestival)

A 12 week training guide for novice runners

1

### 5 Sessions

Fast walk for 30 seconds, jog for 30 seconds, slow/medium walk - recovery 60 seconds.  
Follow sequence 10 times  
(20 minutes total duration)

2

### 5 Sessions

Jog for 60 seconds, walk for 60 seconds.  
Follow sequence 10 times  
(20 minutes total duration)

3

### 5 Sessions

Jog for 2 minutes, walk for 1 minute.  
Follow sequence 10 times  
(30 minutes total duration)

4

### 5 Sessions

Jog for 4 minutes, walk for 1 minute.  
Follow sequence 5 times  
(25 minutes total duration)

5

### 3 - 5 Sessions

Jog for 6 minutes, walk for 30 seconds.  
Follow sequence 5 times  
(32 1/2 minute total duration)

6

### 3 Sessions

1 @ 15 minutes  
1 @ 20 minutes  
1 @ 30 minutes

7

### 3 Runs

1 @ 20 minutes  
1 @ 30 minutes  
1 @ 40 minutes

8

### 3 Runs

1 @ 30 minutes  
1 @ 40 minutes  
1 @ 50 minutes

9

### 3 Runs

1 @ 40 minutes  
1 @ 50 minutes  
1 @ 60 minutes

10

### 3 Runs

1 @ 50 minutes  
1 @ 60 minutes  
1 @ 70 minutes

11

### 3 Runs

1 @ 60 minutes  
1 @ 70 minutes  
1 @ 80 minutes

12

### 3 Runs

Monday 30 minutes  
Wednesday 30 minutes  
Sunday **10K Road Race**