

Your guide to running a 10k or Half Marathon



Congratulations on joining our amazing team of runners!

Thank you for making choosing to support pregnancy through cancer and beyond!

In this guide you will find useful information and handy tips to help you with your training

mummy's
star

Supporting pregnancy through cancer and beyond
www.mummysstar.org

info@mummysstar.org



www.facebook.com/MummysStar/events



@MummysStar

Getting Started

Whatever your physical fitness, we recommend you go for a medical check up before you start training

Your **running shoes** are the most important piece of kit you will buy.

We recommend you get them from a specialist sports shop that measures how you run.



Get the right **clothing**.

★ **Breathable fabrics** are recommended and make sure they fit properly to avoid rubbing.

★ We can send you a **Mummy's Star running vest** before your race

★ Wear good **running socks** to avoid blisters

★ A good **sports bra** is an essential piece of kit for women.

★ Don't forget to be safe if you're night running, get **reflective strips**.

★ Wear the right kit for the weather. **Wear layers** so you can add and remove as you warm up.

Leave at least 2-3 hours after a big meal before running.



Nutrition. In the days leading up to your long run you should eat well, consume plenty of slow release carbs and drink lots of water to keep your energy up.

During a long run you might want to take on glucose: carb gels, drinks, sweets, dextrose tablets. Don't wait until the day of the race though, they might not agree with you.

STRETCH!

It is vital that you warm up and cool down properly. Stretching after your run can go a long way to keeping injury free. Pay particular attention to your hamstrings, quads (thighs), groin and calf muscles.

Jargon Buster

Jog: A gentle pace with no attention to time or speed.

Run: That little bit faster, you should be pushing harder but at a pace you can maintain.

Race Pace: The speed you plan to run your race.

Tempo Run: Comfortably hard, these are designed to increase your lactate threshold so you can run faster longer. You might want to split it with 5 mins of jogging when you first start.

Fartlek: Swedish term ("speed play") for workouts where you vary the pace of your running. □ This will improve your pace overall.

Hill Run: Find a fairly steep hill that nearby and run up it, then jog back down again. This is great for improving strength.

Cross Train: other forms of aerobic exercise such as swimming or cycling. This will stop you getting bored and strengthen other muscles to support your running.



Beginners 10k training plan

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	2 mile walk/ jog	Rest	2 mins fast, 3mins slow x 4	Rest	40 mins walk/ jog	Rest	2 mile jog (try not to walk)
2	Rest or light walk	Rest	2 mins fast, 3 mins slow x 5	Rest	Brisk .6k walk with jogs	Rest	2-3 mile jog. Walk if you need
3	Rest or light walk	Rest	45 min walk and jog on hills	Rest	40 min walk and jog	Rest	2-3 mile jog. Try not to walk
4	Rest or 40 min walk	Rest	3 mins fast, 2 mins slow x 4	Rest	30 min jog and walk	Rest	3- 4 mile jog and walk
5	Rest or 40 min walk	Rest	1 mile run and 1 mile walk	Rest	40 min walk and jog	Rest	4-5 mile run, try not to walk
6	Rest or 40 min walk	Rest	5 mins fast, 3 mins walk x 4	Rest	45 min walk and jog	Rest	4-5 mile run
7	Rest or 40 min walk	Rest	1 mile run and 1 mile walk x 2	Rest	45 min jog and walk	Rest	5-6 mile run, walk if you need to
8	Rest or 40 min walk	Rest	45 min walk and jog on hills	Rest	60 min jog and walk	Rest	5-6 mile run, try not to walk
9	Rest or 40 min walk	Rest	45 min walk and jog on hills	Rest	Rest or 45 min walk with jogs	Rest	6 mile jog
10	Rest or 3 mile gentle jog	Rest	3-4 mile jog	Rest	2-3 mile jog	Rest	RACE DAY

Beginners Half marathon training plan

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	3 mile jog	Rest	3 mile jog with quick bursts	Rest	30 min jog and cross train	Rest	3-4 mile jog
2	Rest	Rest	3 mile jog with quick bursts	Rest	40 min jog and walk	Rest	4 mile jog
3	3 mile jog or rest	Rest	30 min hill run	Rest	3 mile jog	Rest	5 mile run as quick as you can
4	Rest	Rest	40 min cross train	Rest	4 mile jog	Rest	6 mile jog
5	3 mile jog or rest	Rest	40 min hill run	Rest	4mile jog	Rest	7-8- mile jog
6	Rest	Rest	5 mile tempo run	Rest	50 min cross train	Rest	8-9 mile jog
7	Rest	Rest	5 mile run or 45 min cross train	Rest	4 mile tempo run	Rest	10 mile jog
8	3 mile jog or rest	Rest	4-5 mile fartlek	Rest	45 min cross train or 5 mile run	Rest	11 mile jog
9	4 mile jog or rest	Rest	6 mile jog	Rest	40 min cross train or 5 mile run	Rest	12-13 mile jog
10	Rest	Rest	5 mile fartlek	Rest	40 min cross train or 4 mile run	Rest	12-13 mile jog
11	4 mile jog or rest	Rest	4-5 mile at race pace	Rest	40 min cross train or 4 mile run	Rest	6-7 mile at race pace
12	3 mile jog	Rest	3 mile jog	Rest	2-3 mile jog or 5 mile run	Rest	RACE DAY



Top Tips to keeping Motivated

Something is better than nothing. If you are struggling to fit in your long run, swap for a shorter time on hills instead.

Don't feel guilty if you miss a couple of sessions, just go back a week or two and build your fitness up again.

Tell everyone you know that you are training, they will ask you how its going and it will spur you on.

Wear your Mummy's Star Vest in training so you can **remember** why you signed up to the challenge.

Attend another race or sports event and cheer on others in the knowledge that will soon be you getting the same satisfaction.

Find a running buddy, or someone for **inspiration**. If they can do it so can you!

Contact us! If you are struggling with anything Email us at info@mummysstar.org

In June 2013, Mummy's Star was born. It is the only UK charity with the aim of supporting pregnancy through cancer and beyond.

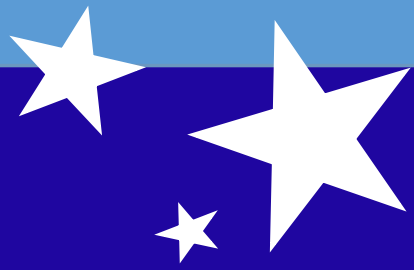
The charity offers support to other women and families finding themselves in this situation by providing a single point for medical advice and guidance, a small grants programme to provide financial relief; and campaigning and advocacy.

In addition, via our website we offer emotional support through a forum and other networks/contact with others going through a similar situation.

Mummy's Star was founded in memory of Mair Wallroth who passed away two months after the birth of her second child at the age of 41.

The charity is run by volunteers, all of whom have first-hand experience of this situation either from a medical perspective, going through this personally, caring for a partner or dealing with the early loss of a loved one. We hope that with this experience we will be able to help other women and families through this situation.

Good luck xxx



mummys
star

Supporting Pregnancy Through
cancer and Beyond

www.mummysstar.org