

# **FHC's Training Pack**

## **5K & 10K**







# So...you've signed up to Run Frimley?

Run Frimley is our biggest event of the year, so we don't blame you for wanting to be a part of the fun! The 5K and 10K are fantastic running challenges that cater to all abilities - whether you're new to running or looking to improve your speed and endurance. The 5K (3.1 miles) is a great starting point for beginners, while the 10K (6.2 miles) offers a rewarding challenge for those aiming to push themselves further.

This training guide is designed to help you break your journey into manageable steps, ensuring you build confidence and strength along the way. Whether you're tackling your first-ever race or chasing a personal best, remember that progress happens over time.

**Inside this guide, you'll find everything you need to prepare you for race day. So let's get started and make Run Frimley 2025 your best race yet!**

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# What To Wear

Choosing the right clothing and footwear for race day can make a big difference to your comfort and performance. This guide will help you prepare by outlining the best clothing choices, from breathable layers to the right footwear, so you feel confident and ready to go!

## Running Clothes

### Breathable Running Top

Opt for a lightweight, moisture-wicking top, such as our FHC technical running t-shirts and vests, to keep you cool and dry. Avoid cotton, as it holds sweat and can cause discomfort.

### Running shorts or leggings

Choose sweat-wicking, comfortable shorts or leggings that allow full movement. There is no rule as it's whatever you feel comfortable in, but be aware that some shorts may ride up and cause rubbing over time.

### Socks

Choose moisture-wicking running socks and avoid cotton to help prevent blisters.

## Shoes

### Running Shoes

Wear well-fitted, supportive running trainers that you've trained in multiple times. Never wear brand-new shoes on race day! Choose a pair with good cushioning and support to match your running style, course type and distance.

## Accessories

### Sports Bra

A high-impact sports bra that provides full support and reduces discomfort during the run.

### Hat

A lightweight cap or visor provides sun protection.

### Sunglasses

Sports sunglasses with UV protection will help reduce glare.

### Running Armband

Ideal for carrying essentials without weighing you down.

### Sun Cream

Apply sun protection to avoid sunburn during the race.

## Final Tips

Dress for the weather, test your outfit and pin your race number in advance if you can.





# What To Eat

Fuelling your body is key to performing your best at Run Frimley. This guide will help you choose the right foods and hydration strategy for race day, covering pre-run meals, race fuel, and post-run recovery. From energy-boosting breakfasts to staying hydrated and refuelling after the race, these tips will ensure you feel strong, energised, and ready to run!

## Pre-run Fuel

Your pre-run meal should provide energy without causing discomfort. Eat at least 1.5 to 2 hours before the race to allow time for digestion.

Carbohydrates are your main fuel source. Choose slow-release carbs like porridge, wholemeal toast, or a banana with peanut butter.

Protein helps sustain energy and prevent muscle breakdown. Add a small portion, such as yogurt, eggs, or a protein smoothie. Avoid Heavy or Greasy Foods.

## Race Fuel

For a 5K, additional fuel isn't necessary unless you feel you need a small energy boost (e.g. jelly sweets). For a 10K, if you're running for longer than an hour, you may benefit from a small energy boost (e.g. a sports gel).

## Post-run Recovery

After your run, try to eat within 30–60 minutes of finishing.

Protein helps muscle repair. Aim for 15-25g from sources like lean meats, eggs, yogurt, tofu, or protein shakes.

Carbohydrates replenish energy stores with whole grains, fruits, or starchy vegetables.

Healthy Fats support your overall recovery (e.g., nuts, seeds, avocado).

## Hydration

**Before:** Drink 500ml of water about 1-2 hours before the start. Avoid excessive caffeine or sugary drinks.

**During:** Sip water only if needed, especially for 10K runners. Over-drinking can cause discomfort.

**After:** Rehydrate with 500ml-1L of water over the next few hours. If it's hot or you've sweated a lot, consider an electrolyte drink.

## Final Tips

Stick to familiar foods, listen to your body and don't forget to hydrate!



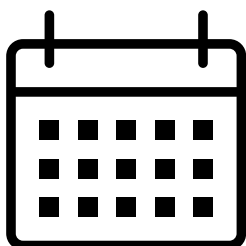


# Top Training Tips

Our Top 6 Training Tips are designed to help you prepare, perform, and recover effectively. Following these tips will ensure you feel strong, confident and race-ready on the big day!

## Tip 1

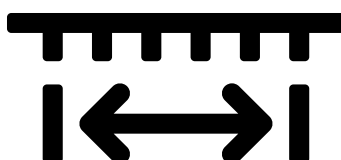
### Start With A Strong Base



Begin your training at least 6-8 weeks before the event. Focus on gradually increasing your distance each week to build stamina and confidence.

## Tip 2

### Incorporate Interval Training



Boost your speed by adding interval runs to your routine. Alternate between fast-paced running and slower recovery periods. This will help improve your pace and endurance over time.

## Tip 3

### Focus On Form



Running form can make a big difference in efficiency and injury prevention. Keep your shoulders relaxed, your back straight, and your strides short. Don't forget to breathe deeply to avoid shallow breathing.

## Tip 4

### Rest & Recover



Make sure to schedule rest days into your routine. Your muscles need time to recover and strengthen. Overtraining can lead to injury and burnout, so listen to your body and take breaks when needed.

## Tip 5

### Simulate Race Day Conditions



Try running on similar terrain and at the same time of day as Run Frimley to familiarise your body with event day conditions. This will make you more comfortable and prepared on race day.

## Tip 6

### Create A Training Plan



Creating a training plan provides structure, consistency, and gradual progression, which improves endurance and speed. It allows you to set clear goals, avoid overtraining, and track your progress.

# Top Brain Training Tips

When training yourself to run faster or for a longer distance, the challenge a mental block poses can be overwhelming. Here's our Top Mental Health Tips to overcome those negative thoughts!

## Tip 1

### Have A Clear Goal



Set yourself a series of SMART targets to smash. Ensure they are Specific, Measurable, Achievable, Realistic and Time Bound.

## Tip 2

### Visualise Success



Picture yourself crossing the finish line at the time/distance you want to achieve and the feeling of pride when you achieve your target.

## Tip 3

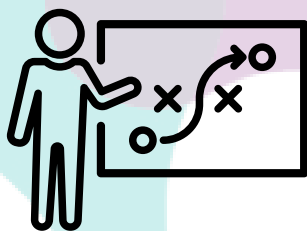
### Break It Down Into Manageable Chunks



Break your sessions into manageable chunks to experience success, while you're building your confidence.

## Tip 4

### Consider Seeking Advice



Consider a coach or well-experienced friend who will help you strategise and work towards your goals.

## Tip 5

### Enjoy Yourself



Remind yourself of the benefits of running and try to enjoy the journey.

## Tip 6

### Take A Gradual Approach



Gradually work towards faster paces and longer distances to reduce the risk of discomfort and help boost your confidence.



# 1 Month Training Plan for a 5K Run

This 5K training plan is suitable for intermediate to advanced runners and has been designed to increase your speed and endurance.  
**REMEMBER: Warming up and cooling down before you exercise is very important. Rest days are also a MUST!**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 20-30 mins	<b>Interval Training</b> Warm up. Run 400-500m at a fast pace, walk/jog for 2 mins. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 20-30 mins	<b>Interval Training</b> Warm up. Run 1K at a fast pace, walk/jog for 1 min. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 20-30 mins	<b>Time trial</b> Warm up. Run at a fast pace you can sustain for 20 mins	<b>Rest</b>
<b>2</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 25-35 mins	<b>Interval Training</b> Warm up. Run for 30 secs at a fast pace, jog for 4 mins. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 25-35 mins	<b>Interval Training</b> Warm up. Run 1.5K at a fast pace, walk/jog for 1 min. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 25-35 mins	<b>Time trial</b> Warm up. Run at a fast pace you can sustain for 25 mins	<b>Rest</b>
<b>3</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 30-40 mins	<b>Interval Training</b> Warm up. Run for 3 mins at a fast pace, walk/jog for 3 mins. Repeat x10	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 30-40 mins	<b>Interval Training</b> Warm Up. Run for 2.5K at a fast pace, walk/jog for 2 mins. Repeat x10	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 30-40mins	<b>Time trial</b> Warm up. Run at a fast pace you can sustain for 30 mins	<b>Rest</b>
<b>4</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 35-45 mins	<b>Interval Training</b> Warm up. Run for 1 mins at a fast pace, walk/jog for 1 min. Run for 2 mins, walk/jog for 2 mins etc. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 35-45 mins	<b>Interval Training</b> Warm Up. Run for 3K at a fast pace, walk/jog for 2 mins. Repeat x10	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 35-45 mins	<b>Time trial</b> Warm up. Run at a fast pace you can sustain for 35 mins	<b>Rest</b>

## 2-3 Month Training Plan for a 10K Run

This 10K training plan is suitable for intermediate to advanced runners, and should be **REPEATED** a **MINIMUM** of **TWICE** over 2-3 months, increasing your speed and endurance.

**REMEMBER: Warming up and cooling down before you exercise is very important. Rest days are also a MUST!**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 30-40 mins	<b>Interval Training</b> Warm up. Run 1K at a fast pace, walk/jog for 2 minutes. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 30-40 mins	<b>Interval Training</b> Warm up. Run 2.5K at a fast pace, walk/jog for 4 mins. Repeat x5	<b>Gentle run (A run whereby you can still chat to a friend)</b> 40+ mins	<b>40 minute distance check</b> - Aim to increase your distance and speed every week	<b>Rest</b>
<b>2</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 35-45 mins	<b>Interval Training</b> Warm up. Run for 3 mins at a fast pace, jog for 10 mins. Repeat x3	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 35-45 mins	<b>Time trial</b> Warm up. Run for 40 mins at your 10K pace	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 35-45 mins	<b>50 minute distance check</b>	<b>Rest</b>
<b>3</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 45-55 mins	<b>Interval Training</b> Warm up. Run for 5 mins at a fast pace, walk/jog for 10 mins. Repeat x6	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 45-55 mins	<b>Interval Training</b> Warm up. Run for 3 mins at a fast pace, walk/jog for 4 mins. Repeat x10	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 45-55 mins	<b>60 minute distance check</b>	<b>Rest</b>
<b>4</b>	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 25-35 mins	<b>Interval Training</b> Warm Up. Run for 4 mins at a fast pace, walk/jog for 2 mins. Run for 10 mins, walk/jog for 5 mins. Repeat x12	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 25-35 mins	<b>Interval Training</b> Warm Up. Run for 4 mins at a fast pace, walk/jog for 2 mins. Run for 10 mins, walk/jog for 5 mins. Repeat x12	<b>Gentle run (A run whereby you can still chat to a friend)</b> Approx. 25-35 mins	<b>60 minute distance check</b>	<b>Rest</b>



# It's Race Day!

The big day is finally here! All your training and preparation have led to this moment, so now it's time to enjoy the experience. Whether you're aiming for a personal best or just crossing the finish line, every step you take supports Frimley Health Charity and makes a real difference - you've got this!

## Pre-Race

Arrive early to warm up, use the toilets, bag drop (keep your essentials with you) and soak in the atmosphere. Meeting supporters or other runners? Agree on a meeting point for the race. Most importantly, enjoy the experience!

## The Start

Each event - 5K, 10K, and Colour Fun Run - has a designated warm-up and start time, which will be communicated to you in advance. Starts will be staggered based on your sub times. Check your race number to ensure you're in the correct route area. Listen for announcements and follow the instructions from event staff to ensure a smooth and safe start to your race.

## The Finish

As you approach the finish line, follow the clearly signposted route and enjoy the final stretch - this is your moment to celebrate! Once you cross the line, our team will be there to congratulate you and present you with your well-earned medal. You'll also receive a snack and water to help you refuel and rehydrate. Take a moment to catch your breath, soak in the achievement, and don't forget to snap a photo with your medal using #TeamFHC!

## Post-Race

After collecting your medal, snack, and water, cool down and soak in the atmosphere. Pick up your bag from the bag drop, check out our Frimley Health Charity stand, and enjoy the food vendors, shopping stalls and entertainment to celebrate your achievement!



# Race Day Check List

Running outfit incl. Shoes

Race bib

Safety pins

Watch

Headphones

Sunscreen/Sunglasses

Pre and post-race fuel

Water bottle





# Get in Touch

**If you have any questions or queries, please get in touch:**



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