



We're here
for young
wheelchair
users



Your 10k beginner's training plan

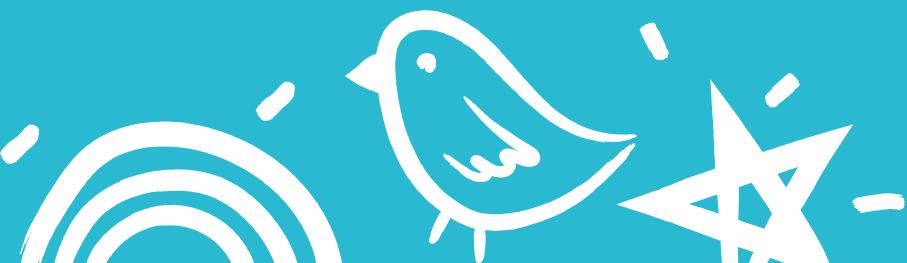
Here we go – your 6 week training plan to get you to the start line!

Print this out, stick it somewhere that you will see so you can tick off each day!

Remember to read **Coach Graeme's advice on RPE, warming and up and cooling down** to avoid injury, by reading this guide.

On behalf of everyone at Team Whizz Kidz, thank you for choosing our training plan and we wish you a huge good luck!

If you are looking for an event to test our training, you can sign up to one of our events here whizz-kidz.org.uk/events – you could make a real difference to young wheelchair users.



Your training plan (week 1-6)

You have got this – keep going!

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Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	30min light walk	Rest	4 x 3 mins easy & 2 mins steady	Rest / Conditioning Exercises	20-30 min (Easy/ walk)	Rest	30 min walk then 1-2 km (Easy - try not to walk)
2	Rest / 30min light walk	Rest	4 x 3 mins easy & 2 mins steady	Rest / Conditioning Exercises	20-30 min (Easy / walk)	Rest	30 min walk then 2-3 km (Easy)
3	Rest / 30min light walk	Rest	5 x 3 mins easy & 2-3 mins steady	Rest / Conditioning Exercises	30-40 min (Easy / walk)	Rest	30 min walk then 3-4 km - (Easy & steady)
4	Rest / 30min light walk	Rest	5 x 3 mins easy & 2-3 mins steady	Rest / Conditioning Exercises	30-40 min (Easy / walk)	Rest	20 min walk then 5-6 km - (Easy & steady)
5	Rest / 30min light walk	Rest	6 x 3 mins easy & 3-4 mins steady	Rest / Conditioning Exercises	40-50 min (Easy / walk)	Rest	20 min walk then 6-8 km - (Easy & steady)
6	Rest / 30min light walk	Rest	6 x 2 mins easy & 4-5 mins steady	Rest / Conditioning Exercises	30 min (Easy / walk)	Rest	RACE DAY

