10K Training: Beginner's Training For a 10K Run

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For most beginners who have just started their running career, running a 10k race might feel like a nightmare. After the struggle which they would have undergone for completing a 5k, double the distance might sound like almost impossible. But what everyone has to remember is that the most experienced marathon champions of today have also undergone this fear and tension. What is required is a systematically planned and executed training along with other personal tips. This report aims at bringing to notice, especially to the beginners, the various strategies and tips that can lead them to success in a 10k race. Forgetting lack of experience and the fear that has cropped up in their minds, they can be sure of getting trained into a perfect 10k runner by following the tips in this report. The vital areas that are covered in this report include: 1. Tips to remove initial fear 2. Tips for an injury free run 3. Tips to avoid muscle cramps 4. Cross training techniques for better running 5. Benefits of yoga for runners 6. Some yoga poses for runners 7. Speed training techniques 8. Tips to be followed on the race day and previous day 9. 6 weeks training schedule to shape into a successful 10k runner Running is a coordinated and complex move that includes the whole body. Especially, running a long distance race like 10k race requires stamina and strength to endure the distance.

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