

Thank you for signing up to receive this information on preparing for your first 10k.

I'm going to assume that you're already in fair running shape, if not please consult your doctor before attempting anything listed on here.

This is what I did to prepare for my first 10k

- 1) Do some [Tabata Runs](#), twice a week, about 4 days apart. Please take your time with this.
- 2) Run at a comfortable pace for what the duration of the run will be, your body will get accustomed to this.
- 3) Do some kind of strength training, keep it simple, here's a good [resource](#). I went to my local [gym](#) and received an 8-week workout program
- 4) Diet? I experimented with some intermittent fasting, followed this dudes [blog](#) and these guys on [Youtube](#)
- 5) Get enough sleep

Now get out there and enjoy the training process!

