



Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	Str	2	Str	3	REST	Str	4	12
2	Str	2	Str	3	REST	Str	4	12
3	Str	2	Str	3	REST	Str	5	13
4	Str	2	Str	4	REST	REST	3	9
5	Str	3	Str	4	REST	ParkRun	5	15
6	Str	3	Str	4	REST	ParkRun	6	16
7	Str	3	Str	5	REST	ParkRun	6	17
8	Str	3	Str	5	REST	REST	5	13
9	Str	4	Str	5	REST	ParkRun	7	19
10	Str	4	Str	6	REST	ParkRun	8	21
11	Str	4	Str	6	REST	ParkRun	9	22
12	Str	2	Str	4	REST	2	RACE	18

We are pleased to be supporting the Baddow 10 again this year. We have been providing post race massage at the event for quite a few years and have decided that now it will be free for all runners and spectators... just come and see us and we will see how we can help!

This year we have put together a basic training plan to get you up to 10 miles ready for race day. We have included a few strength sessions as these are key to running without getting injured. If you have any medical concerns please speak to your Dr before starting any training.

The first 3 weeks are strength on Saturday and then Park runs to get used to crowds as this can be intimidating for some people and Park Run is a great atmosphere!

All distances are in Miles not Kilometers

The link below is for the strength exercises, start easy with them and remember quality is more important than quantity. The single leg exercises are the progression if the doubles start feeling easy!

[Baddow 10 07-01-2025.pdf](#)

If you need any advice or pick up and injury then please get in contact and we will see how we can help you. We offer a free assessment of any injury that you or your friends have.

Looking forward to seeing you all at the race.

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