



10 weeks to 10K

Run Happy & Healthy Wheelchair Plan

How to use this plan

Training for a 10K event as a wheelchair user can be very different to training for the distance as a runner. Wheelchair users will have other factors that impact their training and fitness levels, such as whether they are a full-time or part-time user, length of time as a wheelchair user and involvement in other physical activity.

If you are a full-time manual wheelchair user you will push your chair every day and therefore will be exercising your arms, which will help your strength and fitness.

If you participate in other sports such as wheelchair basketball or rugby, then you may feel you can switch out one of the weekday sessions for your regular training session. Sessions are likely to vary for each person, for example a session can be harder if there are more inclines and hills within your chosen route. It's good to include some hill training as this will help strengthen your arms.

Different types of training

EASY PUSH

The purpose of an easy push is to spend time in your chair, which will help you improve your stamina. Focus on covering the distance or time instead of focusing on the pace you are pushing at. An easy push will be different for different wheelchair users, but it should feel slightly faster than your everyday pushing speed. As you progress through the Training Plan you should feel your easy push speed increase, if this is the case go with whatever pace feels comfortable. The purpose of an easy push workout is to improve fitness and complete the distance or time allocated for the session.

STEADY PUSH

A steady push is designed to replicate Event Day and help improve your overall stamina to complete the distance. Try and build up to a pace that you could maintain for the time or distance asked in the plan. You may prefer to mix up a steady push with some fast pushing and some easy pushing at regular intervals. For example, you could fast push for five minutes and then easy push for one minute over the course of the session.

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Ideal for beginners and improvers, our Run Happy & Healthy Wheelchair Plan mixes mileage with mindfulness, helping you arrive at the Vitality London 10,000 feeling energised, and happy and healthy in both body and mind!

This year, we are celebrating the relationships we make through running, and how those connections inspire activity and bring us closer together. You can adapt the plan to fit your lifestyle, so be creative and don't be

afraid to miss a session if you need to save your energy. This pdf is interactive, so you can tick off each session once you've done it to help add to that sense of achievement!

We've also included links to podcasts, videos and other useful information from our Vitality London 10,000 partners in the plan – just click on the squares to find out more.

	Monday mindfulness	Tuesday training	Wednesday words	Thursday focus	Friday thoughts	Saturday session	Sunday celebration
WEEK 1 BE INSPIRED GO >>>	Welcome to your plan! Why not use this first week to gather inspiration from others and discover what motivates you?	THE SESSION Easy Push TOTAL: 20 MINS	THE WOMEN'S RUNNING PODCAST Each week we'll recommend a podcast for you to enjoy while running (or during your down-time!) – and what better place to start than the Women's Running Podcast? Hear from wonderful women from the world of running and feel inspired to lace up and get moving.	THE SESSION Easy Push TOTAL: 30 MINS	MENTAL HEALTH MATES This network of peer support groups meets to walk, connect and share without fear or judgement. The ideal inspiring environment to ease into the plan!	THE SESSION Easy Push 5 KILOMETRES	Congrats on completing your first week – the only way is up! How do you feel? Let us know on social media (see links at foot of plan) using #LONDON10000
WEEK 2 EAT WELL GO >>>	A happy, healthy body and mind thrive upon wholesome food. How can you add fun and flavour to your meals this week?	THE SESSION Easy Push TOTAL: 20 MINS	SIMPLE PLEASURES Chef and writer Yotam Ottolenghi cooks for guests while discussing food, culture, travel and the simple pleasures in life – demonstrating the joy of cooking along the way.	THE SESSION Easy Push TOTAL: 30 MINS	Vitality FOOD TO BOOST MOOD Try these six foods to help keep you positive, strong and focused as we inch towards spring.	THE SESSION Easy Push 5 KILOMETRES	READ ALL ABOUT IT! If you've signed up to the mass event, you'll have started receiving your weekly newsletters from us. They're full of tips, so read and enjoy!
WEEK 3 JOIN WITH OTHERS GO >>>	We are celebrating how our active communities inspire us in 2024 – it's good to be social! Why not do a training session with friends, join a running club or catch up on a call or over coffee?	THE SESSION Easy Push TOTAL: 25 MINS	BRYONY GORDON'S MAD WORLD Mental Health Mates founder Bryony Gordon shares a series of intimate conversations about mental health, showing how we can support each other to feel better.	THE SESSION Easy Push TOTAL: 35 MINS	PICK A PARKRUN Fancy turning your session into a fun event with others? Vitality partner parkrun is a free 5K event open to all, every Saturday morning. Find your nearest parkrun here!	THE SESSION Easy Push 6 KILOMETRES	SHARE YOUR SUCCESS We hope you've managed to meet with others this week – in real life or online – to share your successes. Tell us about it too on our social channels! #LONDON10000
WEEK 4 PRIORITISE REST GO >>>	Rest is a crucial part of training, so be sure to get plenty of it on your journey to 10K! Consider going for a mindful walk with Mental Health Mates this week – find your nearest walk here . You can contact your area's Walk Leader to check routes are wheelchair accessible.	THE SESSION Easy Push TOTAL: 25 MINS	FEEL BETTER, LIVE MORE WITH RANGAN CHATTERJEE Dr Chatterjee speaks with leading experts and personalities to debunk health myths and give us the tools we need to improve the way we eat, sleep, move and more.	THE SESSION Easy Push TOTAL: 40 MINS	Vitality CREATE HEALTHY HABITS Building healthy habits that last is not easy, it takes time and patience. Check out these tips to help you make positive changes to your daily routine.	THE SESSION Easy Push 7 KILOMETRES	YOUR SLEEP SECRETS If you've made time for rest this week, we'd love to know how you did it! Share your tips with other runners on our social channels.
WEEK 5 LEARN SOMETHING NEW GO >>>	Always wanted to sign up to that course, read that book or try that hobby? This week, go for it! You never know what you might learn.	THE SESSION Easy Push TOTAL: 30 MINS	THE EMMA GUNS SHOW Hear insights from expert guests on all kinds of topics, from looking after your mental and physical health, to time management and meditation.	THE SESSION Easy Push TOTAL: 45 MINS	Vitality WATCH A WEBINAR If you'd like a longer watch, learn how rugby union superstar Maro Itoje maximises his potential on and off the field – lots of food for thought!	THE SESSION Easy Push 8 KILOMETRES	WHAT HAVE YOU LEARNED? At this halfway point of the plan, what have you learned about yourself so far? Your story could inspire others! #LONDON10000
WEEK 6 KEEP SMILING! GO >>>	Congratulations – you're over halfway through this plan already! Remember to celebrate how far you've come this week.	THE SESSION Easy Push TOTAL: 30 MINS	HAPPY PLACE TV and radio presenter Fearnie Cotton talks to incredible people about what happiness means to them – and helps to bring happiness to your days too.	THE SESSION Easy/Steady Push 10 mins easy 1 min fast, 1 min easy x 10 10 mins easy TOTAL: 40 MINS	THIS WOMAN RUNS For support that's sure to put a smile on your face, check out the This Woman Runs community today!	THE SESSION Easy Push 9 KILOMETRES	SMILING'S CONTAGIOUS! What's made you smile this week? Let us know on our social channels and spread the joy! #LONDON10000
WEEK 7 GET CREATIVE GO >>>	Whether it's painting, playing music, taking pictures or upcycling an old piece of clothing, take time this week to do something creative.	THE SESSION Easy Push TOTAL: 35 MINS	AT YOUR LEISURE WITH SUE PERKINS Join comedian Sue Perkins as she invites famous guests to talk about the hobbies that make them tick. This podcast could inspire your own creative pursuit!	THE SESSION Easy/Steady Push 10 mins easy 1 min fast, 1 min easy x 5 10 mins easy TOTAL: 30 MINS	Vitality 5 WAYS TO MAKE YOUR WALKS MORE MINDFUL Check out this article to learn about 'silent walking' and getting active while being in the moment.	THE SESSION Easy Push 5 KILOMETRES	BLOW YOUR OWN TRUMPET! Celebrating you is not only about your training achievements – what have you created this week that you're proud of (it could just be your dinner!)? #LONDON10000
WEEK 8 EXPLORE A NEW PLACE GO >>>	Tired of the same old training route? Mix things up this week and take a new path as you edge closer to Event Day!	THE SESSION Easy Push TOTAL: 40 MINS	28 SUMMERS – LIVE ADVENTUROUSLY Hosted by Jay Worth, this podcast is for anyone looking to reframe their lives, find their purpose and lead a more adventurous life!	THE SESSION Steady Push TOTAL: 50 MINS	Vitality HOW MUSIC ENHANCES PERFORMANCE Music, the mind and our health are all connected – click here to find out how.	THE SESSION Easy Push 10 KILOMETRES	SHOW US YOUR SNAPS If you've run (or walked, or jogged!) somewhere new or unusual this week let us know – share your pics and stories on our social channels.
WEEK 9 FOCUS ON SELF-CARE GO >>>	It can often be hard to make time for ourselves. This week (and all weeks!), remember to look after your wellbeing – it's so important and you deserve it.	THE SESSION Easy Push TOTAL: 20 MINS	HOW DO YOU COPE? Elis James and John Robins talk to a range of guests about how they overcome challenges and hurdles in their lives – it's sure to inspire you!	THE SESSION Steady Push TOTAL: 30 MINS	Vitality HOME COMFORTS Headspace meditation and mindfulness teachers talk about what brings them peace in their own homes.	THE SESSION Easy Push 5 KILOMETRES	TIME OUT Take a moment to reflect on your training journey and how far you've come. Share your thoughts on our social media channels.
WEEK 10 YOU'VE GOT THIS! GO >>>	You're almost there! The focus this week is to eat well, stay hydrated, get plenty of sleep and be excited!	THE SESSION Easy Push TOTAL: 30 MINS	GIVE ME STRENGTH WITH ALICE LIVEING The author and personal trainer interviews extraordinary people about the importance of resilience and how this can help us to live happier, stronger lives!	Vitality WHAT NEXT? Now you're nearing the end of the plan, how can you keep up the momentum (should you want to!)? Time to check out your next challenge here!	THE SESSION Easy Push TOTAL: 20 MINS Here it is, your last session of the plan – we know you'll smash it!	GOOD LUCK You've done the hard work, tomorrow is the victory lap! Eat well, sleep well and stay hydrated today so you're raring to go for the Vitality London 10,000.	Thank you for joining us at the Vitality London 10,000! All your hard work is about to pay off, we hope you have an amazing day. #London10000