10K Runner Checklist

Run Strong. Recover Well. Feel Prepared.



Preparing for a 10k doesn't need to feel overwhelming.

This simple checklist will help you stay consistent, reduce injury risk & arrive at the start line feeling confident.

Created by the goPhysio team supporting runners across Eastleigh, Chandlers Ford & Hampshire.

4 WEEKS TO GO - STAY CONSISTENT

- Keep training consistent rather than increasing distance suddenly
- Practise your planned race pace once per week
- Continue simple strength work (hips, calves, glutes)
- Notice small niggles early rather than pushing through
- Avoid changing running shoes unless necessary
- Prioritise sleep and recovery between runs

Consitency matters more than 1 big run

2 WEEKS TO GO - BUILD CONFIDENCE

- Plan your race day logistics (parking, travel, timings)
- Check your kit is comfortable and familiar
- Practise your warm-up routine
- Reduce any sudden training changes
- Keep easy runs easy
- Address any niggles early

Confidence comes from familiarity - avoid new things now

RACE WEEK - REDUCE STRESS

- Reduce running volume but keep gentle movement
- Avoid new shoes, new nutrition or new routines
- Prepare race kit in advance
- Plan breakfast and timing
- Focus on sleep earlier in the week
- Keep mobility light and regular

You won't gain fitness this week - the goal is to feel ready

RACE MORNING - KEEP IT SIMPLE

- Wake with enough time to feel relaxed
- Eat familiar foods
- Arrive early to avoid rushing
- Complete a short warm-up (walk → jog → mobility)
- Start slightly slower than you think
- Remember, nerves are normal

Nothing new today. Trust your preparation

AFTER YOUR RACE - RECOVERY MATTERS

- Keep moving gently (don't stop completely)
- Hydrate throughout the day
- Expect some muscle soreness
- Use light mobility the following days
- Gradually return to running
- Seek advice if pain feels sharp, worsening or persistent

Recovery is part of performance.



Supporting Runners Locally

If you're unsure about a niggle, returning to running, or preparing for your next event, early advice can make a big difference.

Our team at goPhysio supports runners across Eastleigh, Chandler's Ford and Hampshire with injury prevention, running assessments and recovery guidance.

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