

## THE 10% RULE

### What is the 10% rule?

The 10% rule is a common theory in running which states that you shouldn't increase your weekly mileage by more than 10% per week. The idea behind this rule is that increasing your weekly mileage by more than 10% per week will increase your risk of overtraining and injury.

### How true is the 10% rule?

There is some evidence to support the 10% rule and anecdotal evidence suggests that increasing your weekly mileage too fast increases your risk of injury.

However, there is evidence which doesn't support the 10% rule as a way of preventing injuries. There are different ideas for why this might be the case.

The idea of planning your running by not increasing by more than 10% per week doesn't take into account many other factors such as:

- The intensity of your runs (speed work or hill sessions are harder on your body than easy runs)
- The spread of your mileage throughout the week
- The amount and type of cross training you are doing
- If you are tired or ill
- How much time you have spent on recovery
- What your nutrition is like

All of these factors can impact how prepared for exercise your body is and how well you are able to cope with the demands of training without becoming injured, rather than just focusing on increasing your mileage by 10% a week.

### The verdict

While the 10% rule may have some basis there are lots of other factors to take into account. It might be better to look at the overall picture of your training (harder runs, strength training, recovery, overall fatigue etc.) and base your training from that. You should still aim to increase your mileage gradually but perhaps 10% isn't the best guide. Listening to your body and reducing your mileage when needed might be a better approach.