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Runner's World; Aisha McAdams

JUMP TO:

- **Is running's 10 percent rule effective?**
- **How can the 10 percent rule be beneficial to your training?**
- **Should you always follow the 10 percent rule?**
- **What do you need to consider when applying the 10 percent rule?**

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ifferent ways to safely and effectively **increase mileage** to
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“I suspect it became so popular for a few reasons,” says Gaudette. “It’s an easy thing to follow; it gives a specific number and makes it easy to universally apply; and on the surface, increasing mileage by no more than 10 percent seems gradual enough.”



More recently, runners who exceeded the 10 percent rule while training for the [New York City Marathon](#) did not experience more injuries than those who stuck to the rule, according to a 2022 study published in the [British Journal of Sports Medicine](#).

However, runners who increased their mileage too quickly—measured by another standard—did have higher rates of injury. Using a metric called “[acute-to-chronic workload ratio](#)” (ACWR), the researchers found that if ACWR was greater than 1.5, they were at a higher risk of injury. ACWR compares how much training (workload) a person does in a short amount of time (acute) to their training over a longer period (chronic).

That said, over the decades, many runners have made the 10 percent rule work for them. Here’s what to know about the benefits you can gain from following the rule, and the drawbacks of doing so.

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Should you always follow the 10 percent rule?

If you're a novice runner prepping for your [first marathon](#), building up your mileage could feel like it takes forever. "For beginners starting at 10 to 15 miles per week, it will take quite a few months to get to 25 or 30 miles per week," notes Gaudette. On the flip side, if you're quite experienced and regularly clock 70 or 80 miles per week, tacking on another 7 or 8 miles weekly can be a too-aggressive jump. For these reasons, the 10 percent rule may not be right for you.

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Another drawback of the rule is that it *only* cares about mileage—not the types of sessions you’re running. “If you’re thinking of following the rule, ask yourself if you’ll also be taking into consideration any increases in **[intensity](#)**, races, or **[harder workouts](#)**,” Dave Berdan, two-time winner of the Baltimore Marathon, former collegiate coach, and current coach with **[Run Doyen](#)** tells *Runner’s World*. “Everything needs to be monitored, not just overall volume. Volume at all of the different training intensities matters more than random overall volume.”

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same number as week one. The [cutback week](#) gives your body time to recover.

Work with a coach

There are a variety of ways, some more inexpensive than others, to ask a [coach](#) to help you figure out how many miles you can safely add to your schedule based on your experience and goals. Berdan connects with his clients to assess how their body is handling both the volume and intensity after each week. “It’s through regular communication about how they are responding to workouts that I plan increases or decreases in volume,” he says.

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Dial down your intensity

Permission to take it a little easier with [speed work](#) when you bump up your weekly miles. For instance, if you’ve been doing two speed days per week, cut back

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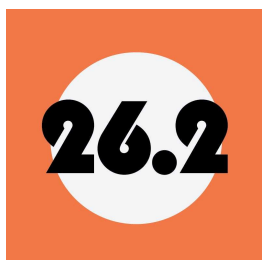


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Laurel Leicht is a writer and editor in Brooklyn. She's covered health, fitness, and travel for outlets including Well+Good, Glamour, and O, The Oprah Magazine.

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