

# 11 Week Fun Run Training Schedule

Week beginning	Total mins per day	MON	TUE	WED	THU	FRI	SAT	SUN
23 <sup>rd</sup> Sept		Walk 30mins	REST	Walk 40mins	REST	Walk 40mins	REST	Cross train 30-40mins
30 <sup>th</sup> Sept	16	Walk 2mins Jog 2mins X4	REST	Walk 2mins Jog 2mins X4	REST	Walk 2mins Jog 2mins X4	REST	Cross train
7 <sup>th</sup> Oct	20	Walk 2mins Jog 3mins X4	REST	Walk 2mins Jog 3mins X4	REST	Walk 2mins Jog 3mins X4	REST	Cross train
14 <sup>th</sup> Oct	24	Walk 2mins Jog 4mins X4	REST	Walk 2mins Jog 4mins X4	REST	Walk 2mins Jog 4mins X4	REST	Cross train
21 <sup>st</sup> Oct	28	Walk 2mins Jog 5mins X4	REST	Walk 2mins Jog 5mins X4	REST	Walk 2mins Jog 5mins X4	REST	Cross train
28 <sup>th</sup> Oct	32	Walk 2mins Jog 6mins X4	REST	Walk 2mins Jog 6mins X4	REST	Walk 2mins Jog 6mins X4	REST	Cross train
4 <sup>th</sup> Nov	36	Walk 3mins Jog 6mins X4	REST	Walk 3mins Jog 6mins X4	REST	Walk 3mins Jog 6mins X4	REST	Cross train
11 <sup>th</sup> Nov	40	Walk 3mins Jog 7mins X4	REST	Walk 3mins Jog 7mins X4	REST	Walk 3mins Jog 7mins X4	REST	Cross train
18 <sup>th</sup> Nov	44	Walk 3mins Jog 8mins X4	REST	Walk 3mins Jog 8mins X4	REST	Walk 3mins Jog 8mins X4	REST	Cross train
25 <sup>th</sup> Nov	48	Walk 3mins Jog 9mins X4	REST	Walk 3mins Jog 9mins X4	REST	Walk 3mins Jog 9mins X4	REST	Cross train
2 <sup>nd</sup> Dec	50	Walk and jog 50mins (total)	REST	Walk and jog 40mins	REST	Walk and jog 40mins	REST	8 <sup>th</sup> Dec RACE DAY! Enjoy 😊

## NOTES

1. Cross train = swim / weights / cycle / yoga / Pilates / exercise class
2. Warm up / cool down 5-10mins (see reverse of sheet)

## Tips for training

- Wear running trainers
- Train with a friend if possible
- Don't worry if you miss a day
- 3 sessions per week minimum

## Tips for the Race Day

- Don't wear anything new
- Good breakfast
- Toilet before
- Carry drink if hot weather
- Eat at least one hour before (high carbs, low fat)
- Sun protection