

Run Confident - Run Strong

RUN - WEEK 1

STRENGTH - WEEK 1

MONDAY

WU = 5 mins walk
Run 1 min + walk 4 mins.
Repeat 3 or 4 times
CD = 5mins walk
Total time = 30 mins

REST

TUESDAY

REST

Click [here](#) for the
Week 1 booty
workout
Total time = 20 mins

WEDNESDAY

WU = 5 mins walk
Run 2 mins + walk 3 mins. Repeat 3
or 4 times
CD = 5 mins walk
Total time = 30 mins

REST

THURSDAY

REST

REST

FRIDAY

REST

Click [here](#) for the
Week 1 core-strength
workout
Total time = 40 mins

SATURDAY

30min hilly walk

REST

SUNDAY

REST

REST

Top 10 Training Tips

1

Rest/ recover/stretch - this is often overlooked and not accounted for in programme design. However, you will plateau (or worse) if you don't allow recovery time.

2

Sleep - whether its for performance, weight loss or staying motivated, sleep is very important.

3

Eat well - small frequent meals and fuel for your workouts.

4

Hydrate well - small frequent drinks, not one big drink right before a run. You don't need energy drinks for runs under 60mins.

5

Follow your programme - resist the temptation to run faster, longer harder when you are feeling good. Easy runs serve an important purpose.

6

Listen to your body and how you are feeling - niggles do not go away if you ignore them and "push through the pain".

7

Look after your feet - give them a massage, moisturise them and exfoliate.

8

Get a good pair of shoes and a shoe fit.

9

Women - get a good quality sports bra designed for high impact. Do not run in just crop tops.

10

Don't try anything new on race day!