

# Festive Five Fun Run training plan

## Week 1

### Beginner Runner

Sunday	30 mins walk/jog
Monday	Rest
Tuesday	15 min walk/jog
Wednesday	Rest
Thursday	15 min walk/jog
Friday	Rest
Saturday	15 mins walk/jog

### Intermediate Runner

30 mins Run
Rest
30 min Run
Rest
30 min Run
Rest
Circuits of a park alternating 1 min at faster than normal pace / 1 min at slower than normal pace x 10 each

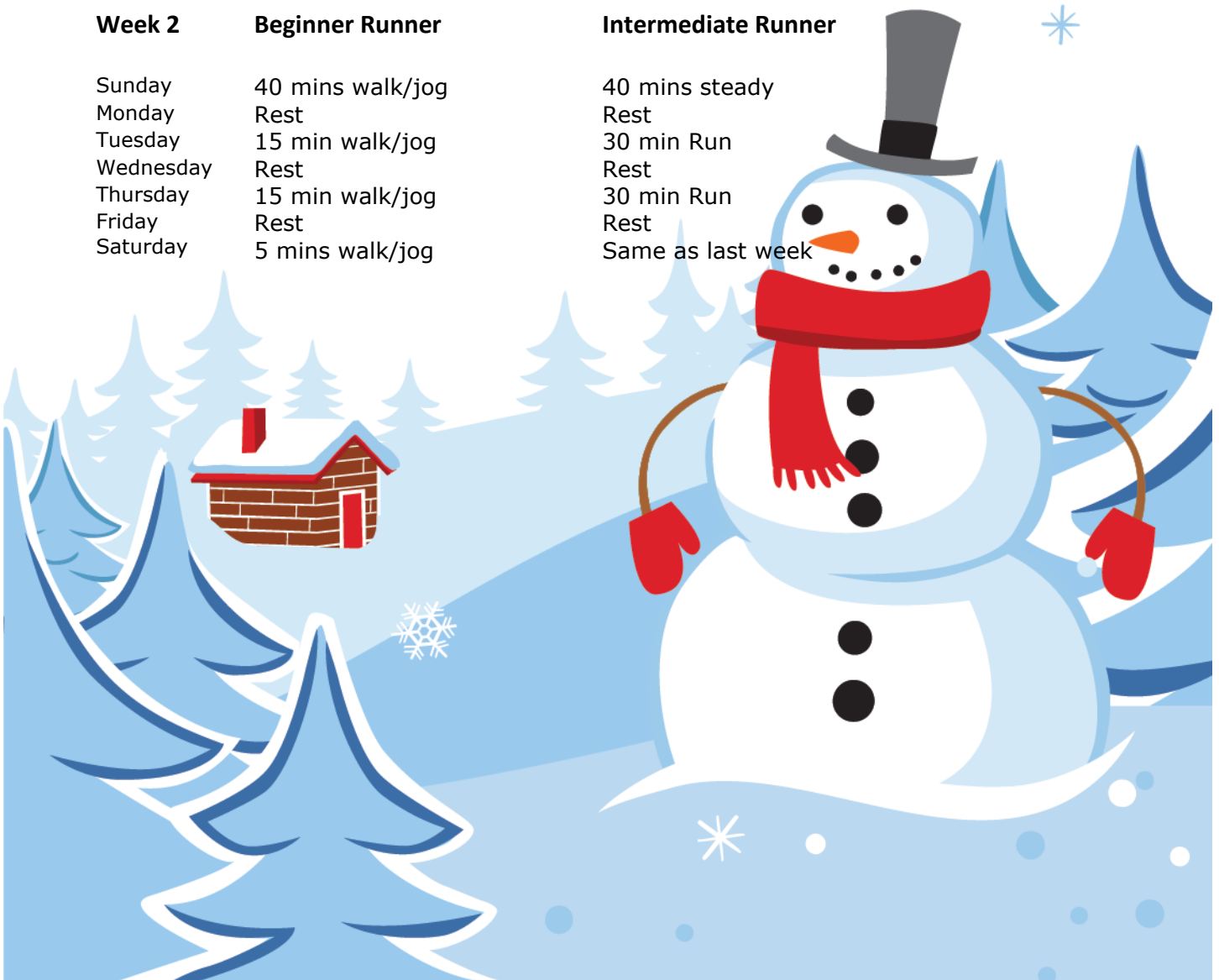
## Week 2

### Beginner Runner

Sunday	40 mins walk/jog
Monday	Rest
Tuesday	15 min walk/jog
Wednesday	Rest
Thursday	15 min walk/jog
Friday	Rest
Saturday	5 mins walk/jog

### Intermediate Runner

40 mins steady
Rest
30 min Run
Rest
30 min Run
Rest
Same as last week



**Week 3****Beginner Runner**

Sunday 50 mins walk/jog  
Monday Rest  
Tuesday 20 mins jog  
Wednesday Rest  
Thursday 20 mins jog  
Friday Rest  
Saturday Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each

**Intermediate Runner**

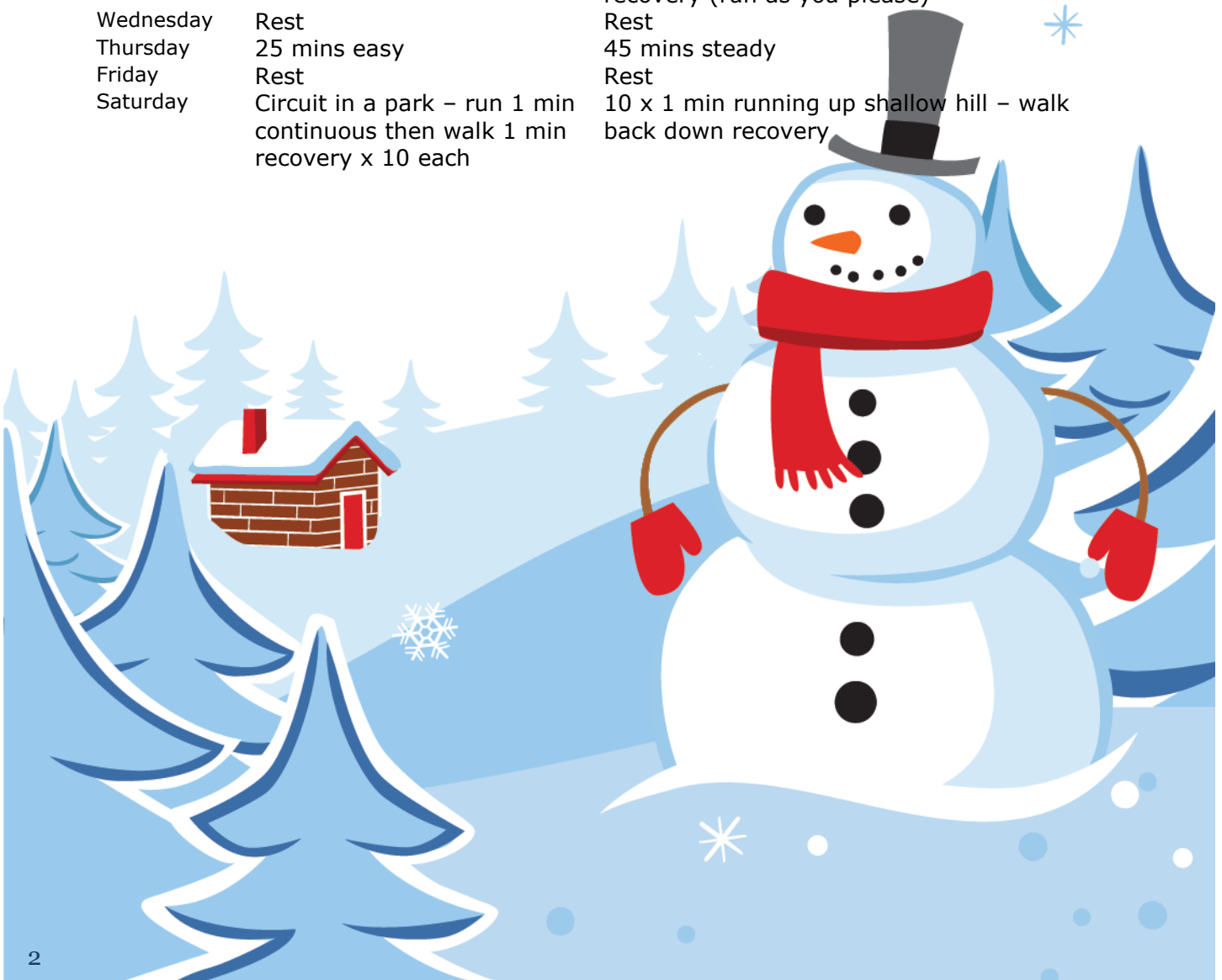
60 mins steady  
Rest  
45 mins easy  
Rest  
45 mins easy  
Rest  
10 x 1 min running up shallow hill – walk back down recovery

**Week 4****Beginner Runner**

Sunday 60 mins jog/walk  
Monday Rest  
Tuesday 25 mins easy  
  
Wednesday Rest  
Thursday 25 mins easy  
Friday Rest  
Saturday Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each

**Intermediate Runner**

75 mins steady  
Rest  
45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)  
Rest  
45 mins steady  
Rest  
10 x 1 min running up shallow hill – walk back down recovery



**Week 5****Beginner Runner**

Sunday 75 mins run/walk  
Monday Rest  
Tuesday 35 mins easy

Wednesday Rest  
Thursday 35 mins easy  
Friday Rest  
Saturday Circuit in a park – run 1 min continuous then walk 1 min recovery x 10 each

**Intermediate Runner**

75 mins easy  
Rest  
45 min continuous run including 10 faster pace efforts of between 1 & 3 mins with jog recovery (run as you please)  
Rest  
60 mins easy  
Rest  
10 x 1 min running up shallow hill – walk back down recovery

**Week 6****Beginner Runner**

Sunday 75 mins run/walk  
Monday Rest  
Tuesday 40 mins easy

Wednesday Rest  
Thursday 40 mins easy  
Friday Rest  
Saturday 10 x 1 min running up shallow hill – walk back down recovery

**Intermediate Runner**

75 mins easy  
Rest  
Up the clock – run 1 min fast/1 min slow, 2 mins fast/ 2 mins slow, 3 mins fast/3 mins slow/4 mins fast/4 mins slow, 5 mins fast.  
Rest  
60 mins easy  
Rest  
12 x 1 min running up shallow hill – walk back down recovery



**Week 7****Beginner Runner**

Sunday 75 mins run/walk  
Monday Rest  
Tuesday 45 mins steady  
  
Wednesday Rest  
Thursday 60 mins steady  
Friday Rest  
Saturday 10 x 1 min running up shallow hill – walk back down recovery

**Intermediate Runner**

75 min run  
Rest  
10 mins warm up – 20 mins at 10km pace – 10 min warm down.  
Rest  
60 mins steady  
Rest  
12 x 1 min running up shallow hill – walk back down recovery

**Week 8****Beginner Runner**

Sunday 45 mins run/walk  
Monday Rest  
Tuesday 45 mins Run  
  
Wednesday Rest  
Thursday Rest  
Friday Festive Five Run

**Intermediate Runner**

45 mins run/walk  
Rest  
10 mins warm up – 10 x 200m with 200m walk/jog recovery – 10 min warm down.  
Rest  
20 mins steady  
Festive Five Run

Don't forget your lights – and festive outfits!

