

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

Start 6.30pm

Don't forget your lights – and festive outfits!

