

# Hospice Run



## Your 10-week 10km training plan

Train at a time that suits you! With our 10-week training plan, get active just three times a week and you'll be ready to take on Hospice Run.

	Day 1	Day 2	Day 3
<b>Block 1 - Speed</b>			
<b>Week 1</b>	<p><b>Speed</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in, then</p> <p>1 minute fast running, 2 minutes easy running/walking x 4- 6 reps</p>	<p><b>Strength</b></p> <p>Bodyweight Squats x 8-12</p> <p>Straight leg calf raises x 12-15</p> <p>Plank x Max effort</p> <p>2-3 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Move 35- move for 35 minutes. Walk, jog or run. See how far you go!</p>
<b>Week 2</b>	<p><b>Speed</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>2 minutes fast running, 2 minutes easy running/walking x 4-6 reps</p>	<p><b>Strength</b></p> <p>Bodyweight Squats x 8-12</p> <p>Straight leg calf raises x 12-15</p> <p>Plank x Max effort</p> <p>2-4 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Move 40 - move for 30 minutes. Walk, jog or run. See how far you go!</p>
<b>Week 3</b>	<p><b>Speed</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in, then</p> <p>2 minutes fast running, 2 minutes easy running/walking x 5- 7 reps</p>	<p><b>Strength</b></p> <p>Bodyweight Squats x 8-12</p> <p>Straight leg calf raises x 12-15</p> <p>Plank x Max effort</p> <p>2-4 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Hold 20 - Spend 10 minutes warming into the run. Then try and hold a steady pace, running as much as you can for the next 20 minutes. Spend 10 minutes cooling out of the run.</p>

	Day 1	Day 2	Day 3
<b>Week 4 - Rest Week</b>	<p><b>Speed</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in, then</p> <p>2 minutes fast running, 2 minutes easy running/walking x 4 reps</p>	<p><b>Strength</b></p> <p>Bodyweight Squats x 8-12</p> <p>Straight leg calf raises x 12-15</p> <p>Plank x Max effort</p> <p>2 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Easy 30 - move for 30 minutes. Walk, jog or run.</p>
<b>Block 2 - Hills and distance</b>			
<b>Week 5</b>	<p><b>Speed/Hills</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>AND</p> <p>3 minutes fast running, 2 minutes easy running/walking x 4 reps</p> <p>OR</p> <p>Find a hill to work on: 30 seconds hard effort up the hill, then walk back down x 8-10 reps</p>	<p><b>Strength</b></p> <p>Reverse lunges x 30 seconds alternating legs</p> <p>Push ups x 30 seconds</p> <p>Sky diver x 30 seconds</p> <p>Straight leg calf raises x 30 seconds</p> <p>2-3 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Hold 20 - Spend 12 minutes warming into the run (walk, jog or run.) Then try and hold a steady pace, running as much as you can for the next 20 minutes. Spend 12 minutes cooling out of the run (walk, jog or run.)</p>
<b>Week 6</b>	<p><b>Speed/Hills</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>AND</p> <p>3 minutes fast running, 2 minutes easy running/walking x 4-6 reps</p> <p>OR</p> <p>Find a hill to work on: 35 seconds hard effort up the hill, then walk back down x 8-10 reps</p>	<p><b>Strength</b></p> <p>Reverse lunges x 30 seconds alternating legs</p> <p>Push ups x 30 seconds</p> <p>Sky diver x 30 seconds</p> <p>Straight leg calf raises x 30 seconds</p> <p>2-3 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Hold 20 - Spend 12 minutes warming into the run (walk, jog or run.) Then try and hold a steady pace, running as much as you can for the next 22 minutes. Spend 12 minutes cooling out of the run (walk, jog or run.)</p>

	Day 1	Day 2	Day 3
<b>Week 7</b>	<p><b>Speed/ Hills</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>AND</p> <p>4 minutes fast running, 2 minutes easy running/walking x 4-6 reps</p> <p>OR</p> <p>Find a hill to work on: 40 seconds hard effort up the hill, then walk back down x 8-12 reps</p>	<p><b>Strength</b></p> <p>Reverse lunges x 30 seconds alternating legs</p> <p>Push ups x 30 seconds</p> <p>Sky diver x 30 seconds</p> <p>Straight leg calf raises x 30 seconds</p> <p>2-4 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Move 45 - See how far you can get in 45 mins. You can walk, jog or run at any point.</p>
<b>Week 8</b>	<p><b>Speed/ Hills</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>AND</p> <p>4 minutes fast running, 2 minutes easy running/walking x 4-6 reps</p> <p>OR</p> <p>Find a hill to work on: 40 seconds hard effort up the hill, then walk back down x 8-12 reps</p>	<p><b>Strength</b></p> <p>Reverse lunges x 30 seconds alternating legs</p> <p>Push ups x 30 seconds</p> <p>Sky diver x 30 seconds</p> <p>Straight leg calf raises x 30 seconds</p> <p>2-4 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Move 50 - See how far you can get in 50 mins. You can walk, jog or run at any point.</p>

For help with your Mobility workouts, check out these videos from Ollie McCarthy:

Mobility 5 mins - <https://youtu.be/jZYZYcaYoJE>

Mobility 10 mins - [https://youtu.be/uNQOlj\\_Vl8o](https://youtu.be/uNQOlj_Vl8o)

	Day 1	Day 2	Day 3
<b>Week 9</b>	<p><b>Speed/ Hills</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>AND</p> <p>4 minutes fast running, 2 minutes easy running/walking x 5-7 reps</p> <p>OR</p> <p>Find a hill to work on: 40 seconds hard effort up the hill, then walk back down x 8-12 reps</p>	<p><b>Strength</b></p> <p>Reverse lunges x 30 seconds alternating legs</p> <p>Push ups x 30 seconds</p> <p>Sky diver x 30 seconds</p> <p>Straight leg calf raises x 30 seconds</p> <p>2-5 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Move 55 - See how far you can get in 55 mins. You can walk, jog or run at any point.</p>
<b>Block 3 - Taper down</b>			
<b>Week 10</b>	<p><b>Easy Speedy</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>1 minute fast running, 2 minutes easy running/walking x 4-6</p>	<p><b>Strength</b></p> <p>Bodyweight Squats x 8-12</p> <p>Straight leg calf raises x 12-15</p> <p>Plank x Max effort</p> <p>2-3 rounds resting as you need to</p>	<p><b>Distance</b></p> <p>Mobility 10 mins</p> <p>Easy 30 - move for 30 minutes. Walk, jog or run</p>
<b>Race Week!</b>	<p><b>Easy Speedy</b></p> <p>Mobility 5 mins</p> <p>Jog 5 minutes to warm in then</p> <p>1 minute fast running, 2 minutes easy running/walking x 4-6 reps</p>	<p><b>Strength</b></p> <p>Bodyweight Squats x 8-12</p> <p>Straight leg calf raises x 12-15</p> <p>Plank x Max effort</p> <p>2-3 rounds resting as you need to</p>	<b>RACE DAY!</b>

**Our thanks to local personal trainer, Ollie McCarthy, for his help producing this plan.**