

Hospice Run

Your 6-week 5K training plan

* X min (work) / X min (active recovery) x X (repetitions)

	Day 1	Day 2	Day 3
Week 1	Hills ^{*(work)} 30 sec/1 min x 4 ^{*(work/active recovery)} Rest as needed X2 sets	Speed 1 min/1 min x 3 Rest as needed X2 sets	Long Run 5 min/5 min x 3 Rest as needed X3 sets
Week 2	Hills 45 sec/1 min x 4 Rest as needed X2 sets	Speed 90 sec/1 min x 3 Rest as needed X2 sets	Long Run 6 min/4 min x 3 Rest as needed X3 sets
Week 3	Hills 1 min/1 min x 4 Rest as needed X2 sets	Speed 2 min/1 min x 3 Rest as needed X2 sets	Long Run 7 min/3 min x 3 Rest as needed X3 sets
Week 4	Hills 1 min/45 sec x 4 Rest as needed X2 sets	Speed 2 min/30 sec x 3 Rest as needed X2 sets	Long Run 8 min/2 min x 3 Rest as needed X3 sets
Week 5	Hills 1 min/30 sec x 4 Rest as needed X2 sets	Speed 2 min/30 sec x 4 Rest as needed X2 sets	Long Run 9 min/1 min x 3 Rest as needed X3 sets
Week 6	Easy Run 20 minutes	Easy Run 15 minutes	Hospice Run!

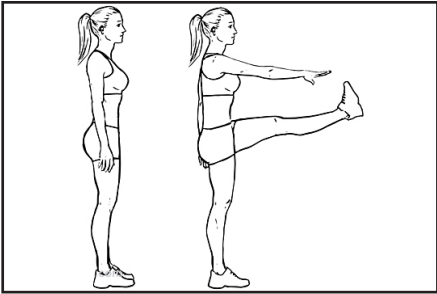
Hospice Run

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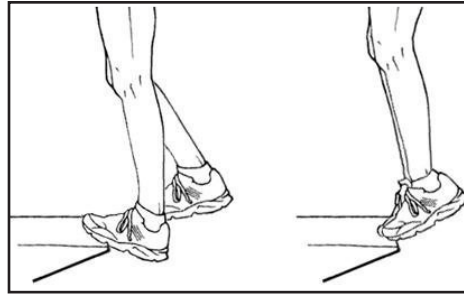
Warm up

- After a 5 minute brisk walk complete the following exercises for 20 reps on each leg. Follow this with an easy 5 minute jog.

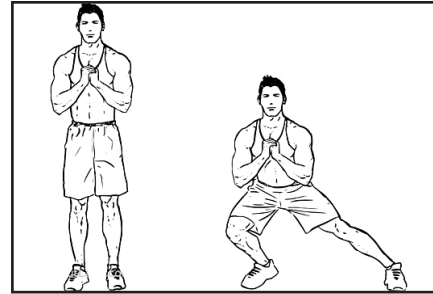
High kicks x20 each leg



Heel lifts x20 each leg



Side lunges x20 each leg



Top Tip

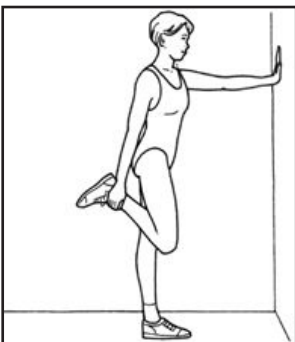
Why not try the 'Strava' app to track each and every run.

You'll be able to see your progress over the weeks and make sure you are ready for the big day!

Cool down

- After completing your exercise, walk steadily for 5 minutes. Following this, complete these stretches for each leg

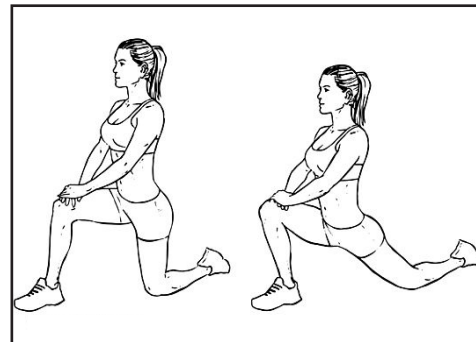
Quad stretch x 60sec



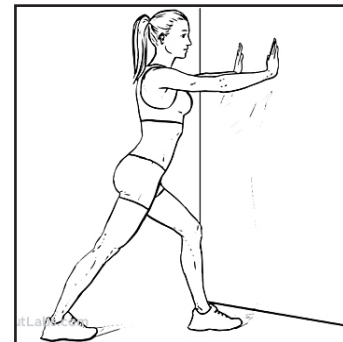
Hamstring stretch x 60sec



Hip flexor stretch x 60sec



Calf stretch x 60sec



Keep an eye on our social media for any more tips for the big day

