



Your 10-week 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 |
|------------------------|---|--|---|
| Block 1 - Speed | | | |
| Week 1 | Speed Mobility 5 mins Jog 5 minutes to warm in, then 1 minute fast running, 2 minutes easy running/walking x 4- 6 reps | Strength Bodyweight Squats x 8-12 Straight leg calf raises x 12-15 Plank x Max effort 2-3 rounds resting as you need to | Distance Mobility 10 mins Move 35- move for 35 minutes. Walk, jog or run. See how far you go! |
| Week 2 | Speed Mobility 5 mins Jog 5 minutes to warm in then 2 minutes fast running, 2 minutes easy running/walking x 4-6 reps | Strength Bodyweight Squats x 8-12 Straight leg calf raises x 12-15 Plank x Max effort 2-4 rounds resting as you need to | Distance Mobility 10 mins Move 40 - move for 30 minutes. Walk, jog or run. See how far you go! |
| Week 3 | Speed Mobility 5 mins Jog 5 minutes to warm in, then 2 minutes fast running, 2 minutes easy running/walking x 5- 7 reps | Strength Bodyweight Squats x 8-12 Straight leg calf raises x 12-15 Plank x Max effort 2-4 rounds resting as you need to | Distance Mobility 10 mins 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. |

| | Day 1 | Day 2 | Day 3 |
|-------------------------------------|--|--|---|
| Week 4 - Rest Week | Speed Mobility 5 mins Jog 5 minutes to warm in, then 2 minutes fast running, 2 minutes easy running/walking x 4 reps | Strength Bodyweight Squats x 8-12 Straight leg calf raises x 12-15 Plank x Max effort 2 rounds resting as you need to | Distance Mobility 10 mins Easy 30 - move for 30 minutes. Walk, jog or run. |
| Block 2 - Hills and distance | | | |
| Week 5 | Speed/Hills Mobility 5 mins Jog 5 minutes to warm in then AND 3 minutes fast running, 2 minutes easy running/walking x 4 reps OR Find a hill to work on: 30 seconds hard effort up the hill, then walk back down x 8-10 reps | Strength Reverse lunges x 30 seconds alternating legs Push ups x 30 seconds Sky diver x 30 seconds Straight leg calf raises x 30 seconds 2-3 rounds resting as you need to | Distance Mobility 10 mins 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.) |
| Week 6 | Speed/Hills Mobility 5 mins Jog 5 minutes to warm in then AND 3 minutes fast running, 2 minutes easy running/walking x 4-6 reps OR Find a hill to work on: 35 seconds hard effort up the hill, then walk back down x 8-10 reps | Strength Reverse lunges x 30 seconds alternating legs Push ups x 30 seconds Sky diver x 30 seconds Straight leg calf raises x 30 seconds 2-3 rounds resting as you need to | Distance Mobility 10 mins 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.) |

| | Day 1 | Day 2 | Day 3 |
|---------------|---|---|--|
| Week 7 | <p>Speed/ Hills</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>Strength</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>Distance</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> |
| Week 8 | <p>Speed/ Hills</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>Strength</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>Distance</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

| | Day 1 | Day 2 | Day 3 |
|-----------------------------|---|---|--|
| Week 9 | <p>Speed/ Hills</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>Strength</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>Distance</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> |
| Block 3 - Taper down | | | |
| Week 10 | <p>Easy Speedy</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>Strength</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>Distance</p> <p>Mobility 10 mins</p> <p>Easy 30 - move for 30 minutes. Walk, jog or run</p> |
| Race Week! | <p>Easy Speedy</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>Strength</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> | RACE DAY! |

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