

Hospice Run

Your 8-week 10K 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 5 ^{*(work/active recovery)} Rest as needed X3 sets	Speed 1 min/1 min x 5 Rest as needed X2 sets	Long Run 3km
Week 2	Hills 45 sec/1 min x 5 Rest as needed X3 sets	Speed 90 sec/1 min x 5 Rest as needed X2 sets	Long Run 4km
Week 3	Hills 1 min/1 min x 5 Rest as needed X3 sets	Speed 2 min/1 min x 5 Rest as needed X2 sets	Long Run 5km
Week 4	Hills 30 sec/45 sec x 6 Rest as needed X3 sets	Speed 1 min/30 sec x 5 Rest as needed X2 sets	Long Run 6km
Week 5	Hills 45 sec/45 sec x 6 Rest as needed X3 sets	Speed 90 sec/30 sec x 5 Rest as needed X2 sets	Long Run 7km
Week 6	Hills 1 min/45 sec x 6 Rest as needed X3 sets	Speed 2 min/30 sec x 5 Rest as needed X2 sets	Long Run 8km
Week 7	Hills 30 sec/30 sec x 10 Rest as needed X3 sets	Speed 1 min/1 min x 10 Rest as needed X2 sets	Long Run 5km
Week 8	Easy Run 30 minutes	Easy Run 20 minutes	Hospice Run!

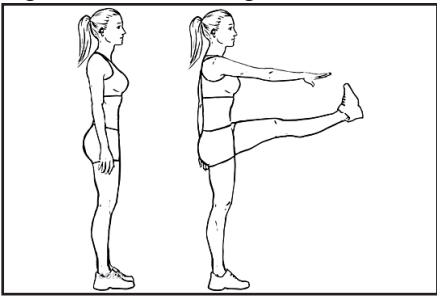
Hospice Run

Your 8-week 10K training plan

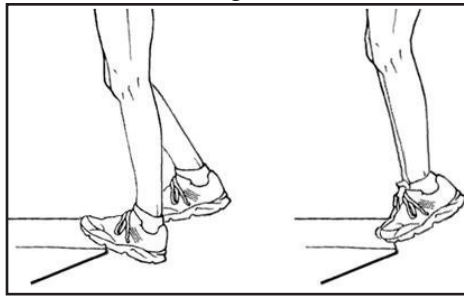
Warm up

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

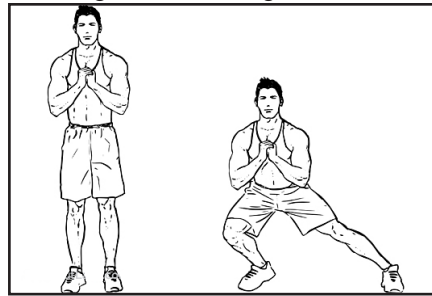
High kicks x20 each leg



Heel lifts x20 each leg



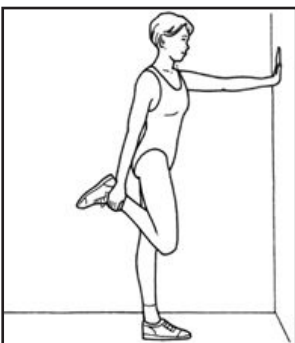
Side lunges x20 each leg



Cool down

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

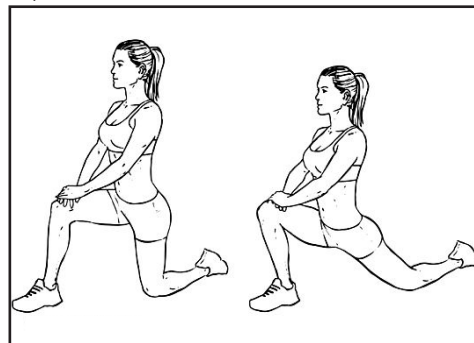
Quad stretch x 60sec



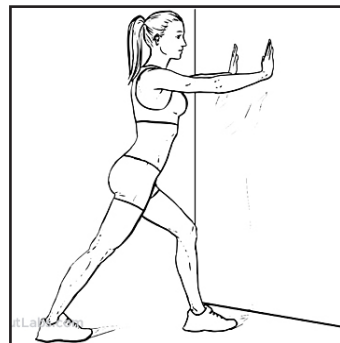
Hamstring stretch x 60sec



Hip flexor stretch x 60sec



Calf stretch x 60sec



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!

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

