



Training

So, you have signed up for a 5km Santa run and here lies the question, how much training do I need to do – well sorry to say but there is no set answer. However, we are on hand to provide you with the information you need to make this challenge as rewarding as possible. As previously mentioned, it is perfectly achievable for the ‘average’ person to complete a 5km Santa run and hundreds of thousands of people do take part in organised running events such as the Doitforcharity.com Santa run each year. As with all sporting challenges it is highly advisable that you do undertake some training for the event, not only will this reduce the risk of injury but maximise your enjoyment.

Below you will find a suggested 8 week training plan for a beginner who is due to undertake a 5km run. Now it is imperative to realise that not everybody is the same and some of you will find this a lot tougher than others. For this reason you should appreciate that you don’t have to follow this plan to the letter, in fact we wouldn’t want you to but please use it as a guide, to meet your personal needs and existing lifestyle this way you will have a greater chance of sticking to it!.

It is important to remember the more training you do, the better you will feel on the day, but hey don’t forget the all important rest days! Without rest days you won’t allow your body the necessary recovery time to adapt to your new training schedule and it may leave you more susceptible to injury.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest / Stretch	1.5 miles	Rest or run/walk	1.5 miles	Rest / Stretch	1.5 miles	Recovery walk
2	Rest / Stretch	1.75 miles	Rest or run/walk	1.5 miles	Rest / Stretch	1.75 miles	Recovery walk
3	Rest / Stretch	2 miles	Rest or run/walk	1.5 miles	Rest / Stretch	2.25 miles	Recovery walk
4	Rest / Stretch	2 miles	Rest or run/walk	1.5 miles	Rest / Stretch	2 miles	Recovery walk
5	Rest / Stretch	2.25 miles	Rest or run/walk	2 miles	Rest / Stretch	2.5 miles	Recovery walk
6	Rest / Stretch	2.75 miles	Rest or run/walk	2 miles	Rest / Stretch	3 miles	Recovery walk
7	Rest / Stretch	2 miles	Rest or run/walk	2 miles	Rest / Stretch	2.5 miles	Recovery walk
8	Rest / Stretch	2 miles	Rest or run/walk	1.5 miles	Rest / Stretch	Rest / Stretch	5K Run

For more detailed training information including advice on the all important stretching and warming down techniques please visit the training pages on www.doitforcharity.com. Here you will also find the training plans in both word and PDF format for you to download should you wish.