

	SESSION		NOTES
MONDAY 3RD JAN	30 MIN OUT AND BACK		Find a Flat Route, run / walk 15 mins out before turning round. Remember, this is YOUR PACE. The key is trying to be consistent in pace. If you need to walk, WALK! AFTER: STRETCHING WORK SHEET
TUESDAY 4TH JAN	6:15PM MRUK SESSION	OR 30 MIN HILL SPRINTS	Find an incline you think will challenge you. 5 Minute warm up. Hill session 20 sec effort up, jog back (40sec) repeat 5 x then take 2 min break. Repeat if can. 5 Min warm down jog. AFTER: STRETCHING WORK SHEET
WEDNESDAY 5TH JAN	STEADY 40 MINS		This should be a really comfortable pace, something you could talk all the way through. Try to start at a pace you can sustain and try keep going. if you need to walk or slow down, do that. This is a recovery run
THURSDAY 6TH JAN	6:30PM MRUK SESSION	OR 30 MIN INTERVAL RUN	Warm up 5 min. 5x 1 Minute efforts with 2min rec. 5 min warm down. AFTER: STRETCHING WORK SHEET
FRIDAY 8TH JAN	REST		
SATURDAY 9TH JAN	60 MIN RUN/ WALK EFFORT	OR PARK RUN WITH WARM DOWN	Keep moving for 60 min. Run as much as possible and note distance. A good one is heading on the canal to towards town. All downhill and generally a nice run! AFTER: STRETCHING WORK SHEET
SUNDAY 10TH JAN	LONG WALK	OR 40 MIN SLOW RUN	OR REST This is a bonus day, but its the day that most families find tim to get out together, so feel free to just have a walk, a run or a rest! Listen to your body! AFTER: STRETCHING WORK SHEET

BONUS: YOU CAN DO THE WORKSHEETS ONCE A DAY IF YOU FEEL UP TO IT, BEGINNERS, WE SUGGEST YOU DO EACH ONE A MAX OF TWICE A WEEK TO ENSURE YOU BUILD THIS UP SLOWLY

