

	SESSION			NOTES
MONDAY 10TH JAN	6:30AM MRUK SESSION	OR	30 MIN SESSION	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 11TH JAN	6:15PM MRUK SESSION	OR	30 MIN HILL SPRINTS	2 Min Efforts. 10 Min warm up. 2 min efforts (consistent pushed pace (where you struggle to converse) with 2 min jog / walk recovery. complete 4 reps 10 min warm down AFTER: STRETCHING WORK SHEET
WEDNESDAY 12TH JAN	40 MIN RECOVERY RUN			
THURSDAY 13TH JAN	6:30PM MRUK SESSION	OR	30 MIN INTERVAL RUN	Warm up 5 min. 8x 1 Minute efforts with 2min rec. 5 min warm down. AFTER: STRETCHING WORK SHEET
FRIDAY 14TH JAN	REST			
SATURDAY 15TH 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 16TH JAN	LONG WALK	OR	45 MIN SLOW RUN OR REST	This is a bonus day, but it's the day that most families find time 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



MARSDENRACERSUK

WEEK TWO