



David Fairlamb Fitness 6 week training plan leading up to the NECCR Children's Cancer Run.

Please note this is a general training plan in order for you to enjoy the run, rather than worry about completing it!

- Start each run with a 5-10 min warm, up such as a walk or slow jog;
- The runs should be done at an easy pace, in other words, you can still have a conversation as you run;
- If you are more advanced pick the pace up, as and when you feel;
- To limit sore muscles and stiffness finish with a 5 min walk or jog;
- Cross training is an activity other than running e.g. biking, swimming, dancing, Bootcamp, yoga;
- Run a maximum of 3 times per week.

The training schedule gives you all of the workouts, for each of the 6 weeks. You do not have to do the runs on the days selected, however, if you are a beginner try to avoid running on 2 consecutive days; instead look to have a rest day or do a cross training session on the days between.



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mon	Run/walk easy 1 mile	Run easy 1 mile	Run easy 2.5 miles	Run easy 3.5 miles	Run easy 4.5 miles	Run easy 4 miles
Tues	Rest	Rest	Rest	Rest	Rest	Rest
Wed	Run/walk easy 1.5 miles	Run easy 1.5 miles	Run include hills/steps 2.5 miles	Run a bit harder 2 miles	Run bit harder include hills/steps 3 miles	Run bit harder 3.5 miles
Thurs	30-40 min cross-training	40-45 min cross-training	40-45 min cross-training	40-45 min cross-training	40-45 min cross-training	Rest
Fri	Rest	Rest	Rest	Rest	Rest	Easy 30 -40 min walk
Sat	Run/walk easy 1.5 mile (include hills or steps)	Run/walk easy 3 miles	Run/walk easy 4 miles	Run 4 miles	Run easy 5 miles	Rest
Sun	Rest or 30 min walk	Rest or 40 min walk	Rest	Rest or 30 min walk	Rest or 30 min walk	Run day!

David Fairlamb helpful tips:

- Try to complete some runs around the same time as you will be running on Children's Cancer Run day, therefore your body is used to running at that time.
- Avoid suddenly changing your routine on run day e.g. having a huge breakfast thinking it will help. Stick with what you know works and what your body is used to.
- Run in trainers and socks you have worn before. The last thing you want are blisters and rub marks due to wearing new kit.
- Be sensible with your pace. Sprinting off at the start may catch up with you near the end making it feel like a long 5 miles.
- Most of all, smile and enjoy being part of the 35th Children's Cancer Run.