

12 WEEKS TO FITNESS

 Compassion[®]



**A FIRST TIMER'S
TRAINING PLAN**



WEEK 1

Monday	30 min quick walk / Rest
Tuesday	Rest
Wednesday	Walk 5 mins / Jog 3 mins (RPE 4-5), (x2)
Thursday	Rest
Friday	Jog 3 min (RPE 4-5) / walk 2 min (x4)
Saturday	Rest
Sunday	Jog 10 mins (RPE 5) / walk if necessary

WEEK 2

Monday	30 min quick walk / Rest
Tuesday	Rest
Wednesday	Walk 3 mins / Jog 5 mins (RPE 4-5), (x2)
Thursday	Rest
Friday	Jog 5 mins (RPE 4-5) / walk 2 mins (x5)
Saturday	Rest
Sunday	Jog 12 mins (RPE 5) / walk if necessary

*RPE = Rate of Perceived Exertion (Effort level)

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|---|--|----|--|
| 1 | Sitting down chilling | 6 | Tempo pace - quick jog |
| 2 | Sunday stroll walk | 7 | Quick but sustainable pace
(one word answers) |
| 3 | Brisk walk | 8 | Tough going (please don't talk to me) |
| 4 | Very gentle jog (chatterbox pace) | 9 | Running away from a bear |
| 5 | Steady jogging pace
(should be ok to chat in short sentences) | 10 | Usain Bolt pace |



WEEK 3

Monday	30 min quick walk / Rest
Tuesday	Rest
Wednesday	Walk 2 mins / Jog 5 mins (RPE 4-5), (x2)
Thursday	Rest
Friday	Jog 5 min (RPE 5) / walk 1 min (x4)
Saturday	Rest
Sunday	Jog 15 mins (RPE 5)

WEEK 4

Monday	30 min quick walk / Rest
Tuesday	Rest
Wednesday	Walk 3 mins / Jog 6 mins (RPE 4-5) (x2)
Thursday	Rest
Friday	Jog 5 min (RPE 5) / Walk 1 min (x5)
Saturday	Rest
Sunday	Jog 18 mins (RPE 5)



WEEK 5

Monday	40 min quick walk / Rest
Tuesday	Rest
Wednesday	Walk 3 mins / Jog 6 mins (RPE 4-5) (x3)
Thursday	Rest
Friday	Jog 5 min (RPE 6)
Saturday	Rest
Sunday	Jog 20 mins (RPE 5)

WEEK 6

Monday	40 min quick walk / Rest
Tuesday	Rest
Wednesday	Walk 2 mins / Jog 5 mins (RPE 4-5), (x2)
Thursday	Rest
Friday	Jog 5 min (RPE 6) / walk 2 min (x5)
Saturday	Rest
Sunday	Jog 5-6K (RPE 5) / Run a parkrun with friends - see http://www.parkrun.org.uk for your closest race.



WEEK 7

Monday	40 min quick walk / Rest
Tuesday	Rest
Wednesday	Jog 1K (RPE 6) / walk 1K (x3)
Thursday	Rest
Friday	Jog 5 min (RPE 7) / walk 2 min (x4)
Saturday	Rest
Sunday	Jog 5-6K (RPE 5)

WEEK 8

Monday	50 min quick walk / Rest
Tuesday	Rest
Wednesday	Jog 1K (RPE 6) / walk 1K (x3)
Thursday	Rest
Friday	Jog 5 min (RPE 7) / walk 2 min (x5)
Saturday	Rest
Sunday	Jog 6-7K (RPE 5)



WEEK 9

Monday	50min quick walk / Rest
Tuesday	Rest
Wednesday	Jog 1K (RPE 6-7) / walk 1K (x4)
Thursday	Rest
Friday	Run 3 min (RPE 7-8)
Saturday	Rest
Sunday	Jog 6-7K (RPE 5)

WEEK 10

Monday	50 min quick walk / Rest
Tuesday	Rest
Wednesday	Jog 1K (RPE 6-7) / walk 1K (x4)
Thursday	Rest
Friday	Run 3 min (RPE 7-8) / walk 2 min (x6)
Saturday	Rest
Sunday	Jog 7-8K (RPE 5)



WEEK 11

Monday	40 min quick walk / Rest
Tuesday	Rest
Wednesday	Jog 1K (RPE 6-7) / walk 1K (x4)
Thursday	Rest
Friday	Run 3 min (RPE 7-8) / walk 2 min (x6)
Saturday	Rest or 45 min quick walk
Sunday	Jog 7-8K (RPE 5)

WEEK 12

Monday	30 min quick walk
Tuesday	Rest
Wednesday	Jog 2-3K (RPE 4-5)
Thursday	Rest
Friday	Jog 2-3K (RPE 4-5)
Saturday	Rest
Sunday	Run 10K!



Strength and Conditioning

Stretching – Be sure to stretch well after each run as soon as you’ve finished while your muscles are still warm. This is beneficial for injury prevention.

Strength and flexibility training – Build up the quantity over time, depending on your ability. You may want to swap out the Friday run for a strength session.

The following exercise suggestions focus on legs and core (abdominal) muscles:

Lunges, walking lunges, squats, single leg squats, calf raises, single leg calf raises, plank, side plank, bridge raises, pointers, back extensions, crunches and many more!

You can do these exercises with your own body weight. Alternatively you can add on some weights if needed or gradually build up the time you are able to hold the exercises, like the plank for example.

Pick about 10 individual exercises then complete the appropriate number of repetitions 2 or 3 times through depending on where you are in the plan.

Week 1	No strength sessions, get used to routine
Week 2	Introduce a strength session this week. 5-10 reps twice through of each exercise.
Week 3	8-12 reps twice through of each exercise
Week 4	8-12 reps twice through of each exercise
Week 5	5-10 reps three times through of each exercise
Week 6	5-10 reps three times through of each exercise
Week 7	5-10 reps three times through of each exercise
Week 8	8-12 reps three times through of each exercise
Week 9	8-12 reps three times through of each exercise
Week 10	8-12 reps three times through of each exercise
Week 11	10-15 reps three times through of each exercise
Week 12	No strength work the week of your race, just maintain your running.



Strength training alternative

As an alternative to some of the strength sessions, or if you have a week where your muscles are feeling particularly tired and sore, you may like to swap out a strength session for some cross training.

You could spend the 30 minutes spinning on a stationary/gym bike or go for an easy swim – this can be a very effective way of loosening up tight muscles as well as adding something different to the training to keep things interesting.

Foam rolling

The foam roller is always recommended when training. This simple piece of equipment is the best thing next to a trip to the physio and a fraction of the cost.

It's great for releasing the tension of tight calf muscles, tight IT bands, hamstrings and quadriceps. Just Google 'foam rolling' on YouTube for some great examples.

What next?

Now you've got the guide, don't forget to head over to our website to find great races you can enter!

www.compassionuk.org/challenges

Having a fixed goal is really helpful in giving you the motivation to stick to your training plan. Plus, you'll have the satisfaction of knowing your running efforts will change lives as you fundraise to empower children in poverty.



COMPASSION
CHALLENGES



www.compassionuk.org/challenges