

CHARITY RUNNER WORKOUT

WORKOUT GOAL	An introduction to charity/fun runs. We're not here to break any world records. This program is designed to help you complete your goal. It's up to you whether or not you can still complete it in fancy dress.			
WORKOUT DESCRIPTION	Movements to make running easier followed by a run with incremental increases in distance over time. The movements are the mobilisers treat these as exercises and complete 3-4 sets of each.			
SAFETY BRIEF	Usual Treadmill brief, take extra care with fatigue.			
EQUIPMENT	Treadmill			
DURATION	5 - 10 mins of mobilisation plus run time			
MOBILISERS	3D squats	Multi-directional hops on each leg	Travelling forward and back hops	
THE WORKOUT	Session design		Methodology	
	Work the 4 days around your schedule. If you're feeling like you need a day off listen to your body. However, all 4 sessions will need to be completed in the given week.		Weeks generally alternate between intervals and longer duration sessions. Both are very important. Longer treadmill runs can feel repetitive, it's a good idea to have training partners or some media to get you through the session.	
	Set	Exercise	Reps	Equipment
WEEK 1	Day 1	Run 1 min, walk 2 mins	5	Treadmill
	Day 2	Run 1 min, walk 90 secs	10	
	Day 3	Run 1000 meters	1	
	Day 4	Run 1 min, walk 60 secs	10	
WEEK 2	Day 1	Run 1500 meters	1	
	Day 2	Run 1 min, walk 90 secs	8	
	Day 3	Run 2000 meters	1	
	Day 4	Run 2 mins, walk 1 min	10	
WEEK 3	Day 1	Run 5 mins, walk 1 min	3	
	Day 2	Walk 45 mins on a 4% incline	1	
	Day 3	Run 2500 meters	1	
	Day 4	Run 3 mins, walk 1 min	10	
WEEK 4	Day 1	Run 3000 meters	1	
	Day 2	Walk 45 mins on a 5% incline	8	
	Day 3	Run 8 mins, walk 2 mins	3	
	Day 4	Run 4000 meters	1	
WEEK 5	Day 1	Run 5000 meters	1	
	Day 2	Run 10 mins, walk 1 min	3	
	Day 3	Run 1 min faster, 1 min slower	10	
	Day 4	Run 5000 meters	1	
COOL DOWN	Slow to walking pace for 5 minutes and then stop. Straight legs and reach to floor move in and out of range don't hold a stretch), change where you reach each time (fwd, bk, left, right, twist left, twist right).			
STRETCH	Quads, Hamstrings, Calf, Glutes, Lower back			
SIGNPOSTING	Enquire with reception to see if any of the PT's at your club have any run specific experience. Also ensure you have the correct footwear; as you could require specific support for your foot strike. DW Sports retail stores will be able to give you a full gait analysis.			