



# RUN THE DISTANCE TRAINING PLAN

Outlined below is a training plan to support your preparation for the Run the Distance School Games competition, where Yr. 7 pupils will run 2000m (2k) and Yr. 8 pupils will run 2500m (2.5k).

A few things to think about before getting started:

- Make sure you have a safe running route in which you can complete the programme.
- Ensure you are well hydrated before each session, and hydrate again at the end of each session.
- Run with a friend at a social distance (ensuring you comply with government guidance).
- Each session is designed to last 25 minutes or less.

To support you in staying motivated, use an App to track your distance:

- Nike run club
- Map my run
- Strava



Before each session you should complete a **5-minute warm up**, and after each session you should complete a **2-minute cool down**. Both the warm up and cool down should include a mixture of walking and dynamic stretching.

	Session 1	Session 2	Session 3
Week 1	Run 2 minutes, walk 2 minutes. Repeat 4 times. <b>(16 minutes total)</b>	Run 2 minutes, fast walk 2 minutes. Repeat 4 times. <b>(16 minutes total)</b>	Run 3 minutes, walk 2 minutes. Repeat 3 times. <b>(15 minutes total)</b>
Week 2	Run 3 minutes, fast walk 2 minutes. Repeat 3 times. <b>(15 minutes total)</b>	Run 4 minutes, walk 1 minute. Repeat 3 times. <b>(15 minutes total)</b>	Run 4 minutes, power walk 1 minute. Repeat 3 times. <b>(15 minutes total)</b>
Week 3	Run 5 minutes, walk 1 minute. Repeat 2 times. <b>(12 minutes total)</b>	Run 5 minutes, power walk 1 minute. Repeat 2 times. <b>(12 minutes total)</b>	Run 6 minutes, walk 1 minute. Repeat 2 times. <b>(14 minutes total)</b>
Week 4	Run 7 minutes, power walk 2 minutes. Run 3 minutes <b>(12 minutes total)</b>	Run 8 minutes, power walk 2 minutes. Run 3 minutes. <b>(13 minutes total)</b>	Run 9 minutes, Power walk 2 minutes. Run 3 minutes. <b>(14 minutes total)</b>
Week 5	Run 10 minutes, power walk 2 minutes. Run 3 minutes <b>(15 minutes total)</b>	Run 12 minutes, power walk 2 minutes. Run 1 minute <b>(15 minutes total)</b>	Run 15 minutes. <b>(15 minutes total)</b>

Target Distances: Year 7 = 2000m, Year 8 = 2500m



Can you show determination in completing all 3 sessions each week?



## #CSWVIRTUALGAMES