



Superhero Fun Run!

5km run/walk or 1km walk for mini heroes
6th April Abbey Park, Leicester



Super Hero Fun Run Training Plans

The 6 weeks running up to the Super Hero Fun Run 6th April. If you have health issues or existing injuries you should consult you GP before starting this or any other training programme.

Please ensure you warm up prior to each session with some slow –to-brisk walking before you start to train. You must complete each session with a cool down and stretches to reduce the risk of injury.

Wear good supportive running shoes and ladies should wear a good supportive sports bra. Light layered clothes in synthetic fabrics are most comfortable for training outdoors.

Beginner

Your goal is to complete the 5km course and you don't mind having to stop and walk occasionally. You have not done much running before

Week	Session 1	Session 2	Session 3
1	Brisk walk for 20 minutes	Walk for 1 min, easy jog for 30 seconds. Repeat 4-6 times	Brisk walk for 20 minutes
2	Brisk walk for 25 minutes	Walk for 1 min, easy jog for 30 seconds. Repeat 6 times	Brisk walk for 25 minutes
3	Brisk walk for 30 minutes	Walk for 1 min, easy jog for 1 minute. Repeat 6 times	Brisk walk for 30 minutes
4	Brisk walk for 35 minutes	Walk for 1 min, easy jog for 1 and a half minutes. Repeat 6 times	Brisk walk for 35 minutes
5	Brisk walk for 40 minutes	Walk for 1 min, easy jog for 2 minutes. Repeat 6 times	Brisk walk for 40 minutes
6	Brisk walk for 45 minutes	Walk for 1 min, easy jog for 3 minutes. Repeat 6 times	Brisk walk for 45 minutes

Exercise intensity level	Slightly breathless but still able to talk	Quite breathless at times, *able to talk but not complete sentences	Slightly breathless but still able to talk
--------------------------	--	---	--

Intermediate

Your goal is to run the whole 5km course and you can already run continuously for at least 15 minutes

Week	Session 1	Session 2	Session 3
1	Easy pace jog for at least 15 minutes	Interval session. Fast run 30 seconds, jog to recover. Repeat 4 times	Easy pace jog for at least 15 minutes
2	Easy pace jog for at least 20 minutes	Interval session. Fast run 30 seconds, jog to recover. Repeat 6 times	Easy pace jog for at least 20 minutes
3	Easy pace jog for at least 22 minutes	Interval session. Fast run 60 seconds, jog to recover. Repeat 4 times	Easy pace jog for at least 22 minutes
4	Easy pace jog for at least 25 minutes	Interval session. Fast run 60 seconds, jog to recover. Repeat 6 times	Easy pace jog for at least 25 minutes
5	Easy pace jog for at least 28 minutes	Interval session. Fast run 90 seconds, jog to recover. Repeat 4 times	Easy pace jog for at least 28 minutes
6	Easy pace jog for at least 30 minutes	Interval session. Fast run 90 seconds, jog to recover. Repeat 6 times	Easy pace jog for at least 30 minutes
Exercise intensity level	Slightly breathless but still able to talk	Quite breathless at times, *able to talk but not complete sentences	Slightly breathless but still able to talk