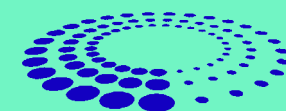




Month long challenge training plan



fullpotential



Committing to doing some form of exercise each day for a whole month is incredible. Below is a 4 week preparation plan designed to help you get active and prepare yourself physically and mentally for what is to come.

We also have some top tips for approaching this sort of event:

Plan your time

Knowing when you're going to exercise each day is going to help. Are you more of a night owl? Do you prefer to get it done first thing? Or would it be better to fit this workout into your lunch break?



There's no right or wrong time to do these sessions, but making sure the timing works for you will be vital.

Start slowly

There's no benefit in going into these challenges at full speed and doing massive workouts immediately.

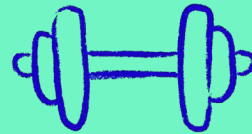


If you can, try to gradually increase intensity and challenge of these workouts as the month goes on.

Think about intensity

Make sure you're mixing up the intensity of the exercise you're doing each day.

If you've done a workout this is high impact (like running) then make sure the next day is lighter, like a gentle yoga session. Variety really will be the spice of life.



Recover

One of the biggest tasks with a month-long challenge is making sure you have time to recover. It's important to take rest days. Rest can help your body and mind to recover.

You might find it difficult to start with.

You could start with active rest – this is light or easy activity where you're still moving, but not at a high intensity.



Sleep

The other type of recovery we need to prioritise is sleep. Sleep is the ultimate recovery tool.

Make sure that you're prioritising sleep, and you'll be able to get through this challenge.

- See sleep as the start of your day, rather than the end of it
- Get comfortable with nice sheets and a pleasant temperature
- Try and keep the light out – you'll sleep better in a dark room
- Keep your phone away from your bedroom
- Don't take your sleep for granted



How the plan works

Taking on a month long challenge is not something you can do without the support of friends and family. Try and get them involved in some of your workouts, to help keep you motivated.

You will have up and down days when taking on this sort of challenge. Some days you will find exercising the easiest thing you have ever done. You could go on for days. Other times it might feel like you are wading through treacle. Know that this is a normal thing, and nothing to worry about.

Try and adjust your exercise on those days you are not feeling great, making your workout a little easier. Don't be afraid to adjust what you had planned for that day.

Those days where motivation is hard to come by, remember why you signed up for this sort of challenge.

When we talk about training we want you thinking about working out to a specific effort level. We translate these effort levels into a 'Talk Test'. This means that when you go out and do each of the training sessions, you talk to yourself to make sure you are training at the effort level we are asking for.

Training smart is all about understanding why you are doing each session. It might take some getting used to, but use these opportunities to experiment.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time. It's important to recognise that some people can develop an unhealthy relationship with physical activity.

Anyone can develop an unhealthy relationship with exercise. But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **Mind's website**.

Type of session	Training zone	Perceived effort level (1-10)	How it should feel – 'The talk test'
Easy effort walk	4 – 4	40-50%	You can speak in complete sentences, totally conversational. Keep to this effort the whole way
Easy cross training (gym class)	6 – 7	65-70%	We have plenty of cross training in the plan, it enables us to make fitness gains whilst mixing up the training. These sessions can be a mixture of gym classes, or equipment like the elliptical training or rowing machine. Aim for an effort level that leaves you slightly breathless at times.
Steady effort walk	4 – 6	50-60%	You can speak in complete sentences, totally conversational. You will find the effort level rises as you progress during the walk.

Month long challenge training plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	15 minutes easy effort walk + stretch	Rest day	30 minutes easy cross training / gym or yoga class	Rest day	Rest day	25 minutes steady effort walk + stretch
Week 2	Rest day	Rest day	20 minutes easy effort walk + stretch	Rest day	30 minutes easy cross training / gym or yoga class	Rest day	30 minutes easy cross training / gym or yoga class
Week 3	Rest day	20 minutes easy effort walk + stretch	Rest day	30 minutes easy cross training / gym or yoga class	Rest day	20 minutes easy effort walk + stretch	30 minutes steady effort walk + stretch
Week 4	Rest day	20 minutes easy effort walk + stretch	25 minutes easy effort walk + stretch	30 minutes easy cross training / gym or yoga class	Rest day	30 minutes easy cross training / gym class	Rest day

Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind. This plan is just a guide. You can mix up the training days as you need.

The plan is designed so that we build up to doing some back-to-back exercise sessions before your challenge starts.

Good luck and have fun!

Important

This template training plan has been provided by Mind's training partner, Full Potential.

Disclaimer: Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk. It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our **terms and conditions** – your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.

Thank you for supporting Mind!

