



# Getting Fit Training Plan:

## Running



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

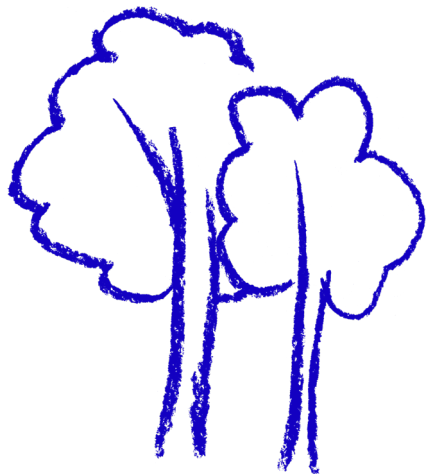
## Important

**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.



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**.



## How the plan works

We have created this plan to supplement the training you are going to be doing as part of your 8 week challenge. We have created a Running Focused plan, and a Cross Training one. The big difference will be that the running plan will put more impact through your legs. The plans have been designed so you could switch from one to another with ease. The training here has been designed to supplement and not replace the training you are already doing for your event.

We start out with two runs a week, and then build to alternating between two and three runs each week. If you find it is too much then drop one of the sessions in this plan.

Have some fun too! You are taking on this challenge to raise funds for Mind, and likely putting yourself outside your comfort zone, doing something you may never have done before. We also want this process to be fun, because it is for you. Choose routes you are going to run that are interesting. Maybe have some great music to motivate yourself, and treat yourself afterwards.

For questions about your training plan please email [info@fullpotential.co.uk](mailto:info@fullpotential.co.uk)  
For questions about Mind or fundraising please email [community@mind.org.uk](mailto:community@mind.org.uk)

## Top sleep tips

Doing any contact sport, we want to encourage you to be focusing on Recovery. Sleep is the ultimate recovery tool. Make sure that you are prioritising your sleep and you will 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.
- Darkness is your friend, so try and keep the light out.
- Keep your phone away from your bedroom .
- Don't take sleep for granted.



## Our guide to the training sessions

It's important that you train at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up training too hard, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart. Here's our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

| Type of session            | Perceived effort level | How it feels – 'The talk test'   |
|----------------------------|------------------------|--|
| <b>Easy / Recovery Run</b> | <b>55-65%</b>          | You can speak in complete sentences, totally conversational. Keep to this effort the whole way during your running session.                                    |
| <b>Steady Effort Run</b>   | <b>70-80%</b>          | You can speak in short sentences but have a slight pause on your breath. It links Easy and Threshold running.  |
| <b>Threshold runs</b>      | <b>80-85%</b>          | You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'. |

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|        | Monday | Tuesday  | Wednesday | Thursday | Friday                 | Saturday               | Sunday |
|--------|--------|--|-----------|----------|------------------------|------------------------|--------|
| Week 1 |        | 25 minutes<br>Easy Run   |           |          |                        | 30 minutes<br>Easy Run |        |
| Week 2 |        | 8 minutes Easy,<br>8 minutes Steady,<br>8 minutes Easy   |           |          | 30 minutes<br>Easy Run |                        |        |
| Week 3 |        | 30 minutes<br>Easy Run   |           |          |                        | 40 minutes<br>Easy Run |        |
| Week 4 |        | 10 minutes Warm<br>Up, 4 x 2 minutes<br>at Threshold effort<br>with a 60 second<br>recovery, 10 minutes<br>Cool Down |           |          |                        | 30 minutes<br>Easy Run |        |



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|        | Monday | Tuesday   | Wednesday   | Thursday  | Friday              | Saturday            | Sunday              |
|--------|--------|---|---|---|---------------------|---------------------|---------------------|
| Week 5 |        | 30 minutes Easy Run   |   | 10 minutes Warm Up, 5 x 2 minutes at Threshold effort with a 60 second recovery, 10 minutes Cool Down |                     | 30 minutes Easy Run |                     |
| Week 6 |        |   | 10 minutes Warm Up, 3 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down |   | 30 minutes Easy Run |                     |                     |
| Week 7 |        | 10 minutes Warm Up, 4 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down |   |   | 30 minutes Easy Run |                     | 45 minutes Easy Run |
| Week 8 |        | 10 minutes Warm Up, 5 x 3 minutes at Threshold effort with a 90 second recovery, 10 minutes Cool Down |   |   |                     |                     | 45 minutes Easy Run |

## 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:

- 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.
- Vary the training you are doing. If you are doing a running or cycling challenge, then swap in running and cycling sessions as needed. This plan is just a guide.
- Think about the best timing for your exercise session, are you an early bird or a night owl?
- Vary the intensity of your workouts each day, follow a harder day with something easier and avoid burning out.

**Have fun!**



# Thank you for supporting Mind!

## Did you know...?

Full Potential would be happy to provide you with a personalised training plan. To get your plan and to see other training content, visit [mind.org.uk/traininghub](https://mind.org.uk/traininghub)

