**5km Muddy Madness training programme**

Zero to 5km weekly fitness programme: please ensure you are in good health and listen to your body.

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|  | Week 1 | Week 2 | Week 3 | Week 4  | Week 5 | Week 6  | Week 7  | Week 8 |
| Monday  | Walk / Jog 20 mins  | Walk / Jog 20 mins  | Jog continuous 20 mins  | Jog Continuous20 mins  | 4km (2.5-mile) run (timed)  | 4km (2.5-mile) run (timed).Increase speed reduce time from last week  | 5km (3 mile) run (timed). Steady run  | 5km (3 mile) Run (timed). Try to run sub 10mins per mile. Run completed under 30mins  |
| Tuesday  | Rest  | Reset  | Rest  | Rest  | Rest  | Rest  | Rest  | Rest  |
| Wednesday  | Walk / Jog 20 mins | Walk / Jog 20 mins | JogContinuous20 mins  | Fast jog / run 15 mins  | Fast jog / run 20 mins  | Run 25mins continuous.  | Run 30 mins continuous | Run 30 mins continuous  |
| Thursday  | Rest  | Rest  | Rest  | Circuit 2 x 3 | Circuit 1 X 4 | Circuit 2 x 4 | Circuit 1 x 4  | Circuit 1 x 4 (16 reps on each exercise) |
| Friday  | Circuit 1X 3  | Circuit 2X 3  | Circuit 1X 3  | Rest  | Rest  | Rest  | Circuit 2 x 4 | Circuit 2 x 4 (16 reps on each exercise) |
| Saturday  | Rest | Rest  | Rest  | Steady jog25 mins  | 4km (2.5-mile) run  | 4km (2.5-mile) run | Rest | Rest  |
| Sunday  | Rest  | Rest  | Rest  | Rest  | Rest  | Rest  | Steady run for 25mins  | 4 km run – fast / best effort  |

**Circuit 1**

5 -10 min warm up; skipping, jogging, star jumps, running on spot, half squats, high knees, spotty dogs. Raise the heart rate and prepare the body for the exercises.

10 – 16 Squats 10 – 16 Mountain Climbers (press up position, alternate bringing one knee to chest)

10 – 16 Lunges 10 – 16 Burpees

**Circuit 2**

5 -10 min warm up; skipping, jogging, star jumps, running on spot, half quats, high knees, spotty dogs. Raise the heart rate and prepare the body for the exercises.

10 – 16 Press ups (Knees on floor if required to begin with) 10 – 16 Tricep Dips

10 – 16 Crunches 10 – 16 Burpees

**Demonstrations and explanations for the above exercises can all be found on youtube. If you are not sure don’t do them, get in touch with us.**