**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  Continuous  20 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 | Jog  Continuous  20 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 1  X 3 | Circuit 2  X 3 | Circuit 1  X 3 | Rest | Rest | Rest | Circuit 2 x 4 | Circuit 2 x 4 (16 reps on each exercise) |
| Saturday | Rest | Rest | Rest | Steady jog  25 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.**