

January training plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
30 secs run 1 min walk x8 rounds	REST	30–45 secs run 1 min walk x10 rounds	REST	30–45 secs run 1–1.5 mins walk x 12 rounds	REST	20–30 min walk
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
45 secs–1 min run 1.5 min–2 mins walk x10 rounds	REST	1min–1.5min run 2mins walk x10 rounds	REST	1.5min–2 mins run 2–3 mins walk x8/10 rounds	REST	30–40 min walk
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
2 mins run 3 mins walk x10 rounds	REST	2 mins run 2 mins walk x10 rounds	REST	3 mins run 2 mins walk 2 mins run 2 mins walk 1 min run 2 mins walk x3 rounds	REST	35–45min walk
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
3 mins run 1 min walk 2 mins run 1 min walk 1 min run 1 min walk x4 rounds	REST	REST	5 mins run 3 mins walk 4 mins run 3 mins walk 3 mins run 3 mins walk x2 rounds	REST	30 min walk	REST before starting challenge

January's Plan is based on timings rather than distance or speed so it will suit anyone. Each run can be as slow or fast as you can manage. It's important that you spend this time learning about your own pace. A good starting point is to pace yourself to be able to run comfortably for five minutes without stopping. Also use this time, if you have a distance tracker, to check how far you go – it will help you for the actual challenge.

→ If you are starting from no running please **listen to your body throughout.**

→ You may need to **replace the middle run in the week with a walk** instead especially at the start of the month. This is to allow your legs to get ready for the main challenge as to reach

the miles you are likely to need to exercise 4+ times a week.

→ **Depending on your fitness and ability**, rest days can involve an easy and/or short walk that will not tire your legs. If you're not used to regular walking, keep moving and try not to sit down all day on rest days to aid muscle recovery. **It's important that you rest** and don't try anything too strenuous to reduce the risk of injury before the challenge.

→ Anyone who is used to running but isn't used to running four times a week should **use January to start increasing your runs to at least three per week** by the end of January. This will help **reduce your risk of injury and make the February challenge easier.**

100 miles | 28 days #RunningForRefuge