

INEOS



RUN FOR FUN™



# BEGINNER

2KM DART CHALLENGE

# 6 WEEK

TRAINING PLAN

The 2km Challenge is a good way to test your fitness and your commitment to stick to a training plan.

Covering 2km under your own steam is a fantastic achievement.

### WHO IS THIS TRAINING PLAN FOR?

You are taking part in a fun run for the first time with your friends & family. Anyone from a complete beginner level would be suitable to take part

### PACE GUIDE

#### EASY

Very relaxed and easy pace with no objective other than to complete the distance.

#### STEADY

Controlled even pace, you're still able to chat with training partners at this speed.

WEEK 1	MY TRAINING	TRAINING TIPS	COMPLETED
<b>MONDAY</b>	10 mins easy jog	Make sure you have a pair of running shoes	○ ○ ○ ○ ○ ○ ○
<b>TUESDAY</b>	REST		
<b>WEDNESDAY</b>	REST		
<b>THURSDAY</b>	10 mins easy stretching		
<b>FRIDAY</b>	REST		
<b>SATURDAY</b>	REST		
<b>SUNDAY</b>	15 mins easy jog	Find a nice route around a park	

WEEK 2	MY TRAINING	TRAINING TIPS	COMPLETED
<b>MONDAY</b>	REST	Make sure you have been drinking enough water throughout the day	○ ○ ○ ○ ○ ○ ○
<b>TUESDAY</b>	10 mins easy jog		
<b>WEDNESDAY</b>	REST		
<b>THURSDAY</b>	10 mins easy stretching		
<b>FRIDAY</b>	REST		
<b>SATURDAY</b>	15 mins steady jog	See if you could find a mild/ reasonably hilly route for to test your fitness	
<b>SUNDAY</b>	REST		

WEEK <b>3</b>	MY TRAINING	TRAINING TIPS	COMPLETED
<b>MONDAY</b>	REST		<input type="radio"/>
<b>TUESDAY</b>	15 mins Steady jog	Try and keep a nice pace	<input type="radio"/>
<b>WEDNESDAY</b>	REST		<input type="radio"/>
<b>THURSDAY</b>	10 mins easy stretching		<input type="radio"/>
<b>FRIDAY</b>	REST		<input type="radio"/>
<b>SATURDAY</b>	20 mins Steady jog	Try a different route	<input type="radio"/>
<b>SUNDAY</b>	REST		<input type="radio"/>

WEEK <b>4</b>	MY TRAINING	TRAINING TIPS	COMPLETED
<b>MONDAY</b>	REST		<input type="radio"/>
<b>TUESDAY</b>	15 mins Steady jog		<input type="radio"/>
<b>WEDNESDAY</b>	REST		<input type="radio"/>
<b>THURSDAY</b>	15 mins Steady jog		<input type="radio"/>
<b>FRIDAY</b>	REST		<input type="radio"/>
<b>SATURDAY</b>	1 Mile Dart Challenge	Have a go at running a mile without stopping	<input type="radio"/>
<b>SUNDAY</b>	REST		<input type="radio"/>

WEEK <b>5</b>	MY TRAINING	TRAINING TIPS	COMPLETED
<b>MONDAY</b>	REST		<input type="radio"/>
<b>TUESDAY</b>	10 mins easy jog		<input type="radio"/>
<b>WEDNESDAY</b>	REST		<input type="radio"/>
<b>THURSDAY</b>	15 mins Steady jog	Have a go at running faster between lamp posts for 2-3 minutes	<input type="radio"/>
<b>FRIDAY</b>	REST		<input type="radio"/>
<b>SATURDAY</b>	REST		<input type="radio"/>
<b>SUNDAY</b>	20 mins easy jog	Try and find a nice route away from traffic	<input type="radio"/>

WEEK <b>6</b>	MY TRAINING	TRAINING TIPS	COMPLETED
<b>MONDAY</b>	REST		<input type="radio"/>
<b>TUESDAY</b>	15 mins easy run		<input type="radio"/>
<b>WEDNESDAY</b>	REST		<input type="radio"/>
<b>THURSDAY</b>	15 mins easy run		<input type="radio"/>
<b>FRIDAY</b>	REST		<input type="radio"/>
<b>SATURDAY</b>	2km Dart Challenge	It's all about fun and completing the 2km distance	<input type="radio"/>
<b>SUNDAY</b>	REST		<input type="radio"/>



**Well done for completing your challenge from the GO Run For Fun Team...**

**We hope to see you at one of our future events!**