



Hop Run

Saturday 23rd October

Your 10 Week Training Plan

Golden Rules:

- Leave one rest day between each training day
- Always Warm Up with Stretches
- Stay Hydrated- Water at the Ready
- Be Committed- Consistency is key
- Cool Down- Allow yourself time to cool down and your normal heart rate the return post run

Run Intensity:

- 'Hoppy Run'- Keep steady don't push too hard. Power walk.
- 'Radical Run-Light Jog, start to get your heart rate up
- 'Ka-Push Yourself'- Push yourself, run continuously

	Day 1	Day 2	Day 3
Week 1	Hoppy Run for 10 min	Hoppy Run for 1min Radical Run for 30 secs Repeat 10 times	Ka-Push Yourself for 10 min
Week 2	Hoppy Run for 15 min	Hoppy Run for 1min Radical Run for 30 secs Repeat 12 times	Ka-Push Yourself for 15 min
Week 2	Hoppy Run for 1min Radical Run for 30 secs Repeat 12 times	Hoppy Run for 1min Radical Run for 45 secs Repeat 10 times	Ka-Push Yourself for 15 min
Week 4	Hoppy Run for 1min Radical Run for 45 secs Repeat 12 times	Hoppy Run for 1min Radical Run for 1min Repeat 10 times	Ka-Push Yourself for 20 min
Week 5	Hoppy Run for 1min Radical Run for 1min Repeat 12 times	Hoppy Run for 1min Radical Run for 1min Repeat 10 times	Ka-Push Yourself for 25 min
Week 6	Hoppy Run for 1min Radical Run for 1min Repeat 12 times	Hoppy Run for 1min Radical Run for 3min Repeat 10 times	Ka-Push Yourself for 30 min
Week 7	Hoppy Run for 1min Radical Run for 2min Repeat 12 times	Hoppy Run for 1min Radical Run for 3min Repeat 10 times	Ka-Push Yourself for 35 min
Week 8	Hoppy Run for 1min Radical Run for 5 min Repeat 6 times	Ka-Push Yourself for 20 min	Ka-Push Yourself for 45 min
Week 9	Ka-Push Yourself for 20 min	Ka-Push Yourself for 30 min	Ka-Push Yourself for 50 min
Week 10	Ka-Push Yourself for 35 min	Ka-Push Yourself for 40 min	Ka-Push Yourself for 60 min

Sign Up: <https://www.entrycentral.com/HopRun2021>

**DURTY
EVENTS**



STEWART
BREWING