

TRAINING PLAN:

BEGINNER '5KM' OBSTACLE COURSE RACE

WRITTEN FOR COMBAT STRESS FOR THOSE NEW TO RUNNING OCR RACES

	SESSION 1	SESSION 2	SESSION 3	SESSION 4
<u>WEEK 1</u>	5 min fast walk 1 min run, 1 min walk (x 6) 5 min walk	5 min fast walk 1 min run, 1 min walk (x 10) 5 min walk	5 min fast walk 2 x 8 lunges 2 x 10 squats 3 x 15 sec plank	Start new habits: use the stairs, cycle or walk to the shops/work. Eat healthily.
<u>WEEK 2</u>	5 min fast walk 90 sec run, 1 min walk (x 10) 5 min walk	5 min fast walk CIRCUIT x 2 8 lunges 10 squats 15 sec plank 5 press-ups (on knees)	5 min fast walk 90 sec run, 45 sec walk (x 10) 5 min walk	Focus on your new habits
<u>WEEK 3</u>	5 min fast walk 2 min run, 1 min walk (x 10) 5 min walk	BMF or CIRCUIT x 2 + 5 min walk	5 min fast walk 2 min run, 45 sec walk (x 10) 5 min walk	40 to 60 min moderate pace walk
<u>WEEK 4</u>	5 min fast walk 3 min run, 30 sec walk (x 6) 5 min walk	5 min fast walk 10 min run, no stopping. Walk back the distance you ran	BMF or CIRCUIT x 3 + 5 min walk	5 min fast walk 5 min run, 30 sec walk (x 3) 5 min walk
<u>WEEK 5</u>	5min fast walk 5min run, 30 sec walk (x 3) 5 min walk	BMF or CIRCUIT x 3 Add: 3 x 10m bear crawl	5 min fast walk 5 min run, 30 sec walk (x 4) 5 min walk	5 min fast walk Run with as little stopping as possible for 20 min 5 min walk
<u>WEEK 6</u>	5 min fast walk 10 min run, 30 sec walk (x 2) 5 min walk	5 min fast walk 10 min run, 30 sec walk (x 2) 5 min walk	BMF or CIRCUIT x 3 + 5 min walk	Fast walk for 60 min
<u>WEEK 7</u>	BMF or CIRCUIT x 4 + 5 min walk	5 min fast walk 20 min run 5 min walk	5 min fast walk 12 min run, 30 sec walk (x 2) 5 min walk	Fast walk for 60 to 80min
<u>WEEK 8</u>	5 min fast walk 20 min run 5 min walk	5 min fast walk 5 min run with 6 x 20m sprints along the way 5 min walk	5 min fast walk 20 min jog 5 min walk	RACE DAY ENJOY!