



Mental Elf festive 5km training plan

Running: 5km
Beginner

fullpotential



This template training plan has been provided by National Mind's training partner, Full Potential.

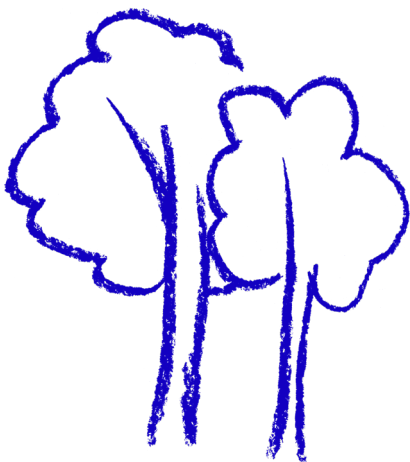
Important

Disclaimer: Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk.

It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our terms and conditions – your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time.

It's important to recognise that some people can develop an unhealthy relationship with physical activity. Anyone can develop an unhealthy relationship with exercise.

But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **National Mind's website**.

We've put together this training plan to support you in managing the next few weeks and to get the most out of the 5km fun run. This 4 week plan will prepare you to go from running 15 minutes at a time to being able to take on the Mental Elf festive 5km. We do some running and a few walking sessions to build up endurance.

Want to turn this into a run/walk plan? Simply take each run time and split it into various ratio's of running and then walking. You could do:

- **30 seconds running, 30 seconds walking** – so the 15 minutes run would be 15 x (30 seconds running, 30 seconds walking)
- **1 minute running, 1 minutes walking** – so the 15 minutes run would be 8 x (1 minute running, 1 minute walking)
- **2 minute running, 1 minutes walking** – so the 15 minutes run would be 5 x (2 minute running, 1 minute walking)
- **3 minute running, 1 minutes walking** – so the 15 minutes run would be 4 x (3 minute running, 1 minute walking)
- **4 minute running, 1 minutes walking** – so the 15 minutes run would be 3 x (4 minute running, 1 minute walking)

You will get to know your body during this process, and you have to learn to trust your instincts when it comes to training. If you need a rest day, take a rest day. Training can be a really empowering process, and over time you'll learn to really trust the signals you are getting from your body and what they all mean. You will learn so much about yourself. Our bodies are always telling us what we need, it's now time to tune into those signals and listen.

Can't do all 4 weeks?

That is ok, just pick the plan up from however many weeks there are to go and consider using one of the run / walk strategies above to make sure you are not doing too much running too soon.



How the plan works

It's important that you train at the right effort level and intensity to ensure you're training to reach your full potential.

Most people think that training "harder is better" so we end up training too hard, which can result in feeling tired, getting ill or picking up an injury.

Understanding what each session is trying to achieve and how it should feel is the way to train smart.

Below is our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of session	Perceived effort level (1-10)	How it should feel - 'The talk test'
Very easy run	5.5-6	You can speak in complete sentences, totally conversational, you're feeling supremely relaxed, almost as if it was no effort at all!
Recovery/easy run	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch
Recovery/easy run	7-8	You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running.

Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind:

- Key sessions for each week are highlighted in **BLUE**. These are the non-negotiable sessions that you need to fit into your diary one way or another. If you need to move these around in your week you absolutely can do, just make sure that do no more than 2 sessions back to back.
- Sessions in **BLACK** are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	Rest day	15 minutes very easy run + stretch	Rest day	30 minutes brisk walk	Rest day	25 minutes easy run + stretch
Week 2	Rest day	20 minutes easy run + stretch	30 minutes brisk walk	15 minutes very easy run + stretch	Rest day	45 minutes brisk walk	10 minutes easy, 10 minutes steady, 10 minutes easy
Week 3	Rest day	30 minutes brisk walk	25 minutes very easy run + stretch	Rest day	Rest day	45 minutes brisk walk	25 minutes easy run + stretch
Week 4	Rest day	20 minutes easy run + stretch	Rest day	30 minutes brisk walk	Rest day	Mental Elf festive 5km	Mental Elf festive 5km



**Thank you
for supporting
Mental Elf!**



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