



Preparing for the MS Wellness Fun Runs with SAVVY

Pick your distance & register, there's no backing out now!

If you have registered for the MS Wellness Fun Run bring your registration confirmation to Savvy to try 2 x FREE run classes with us before Race day.

You have 4 weeks to prepare if you have been regularly running through winter then keep it up for the next 4 weeks. Aim to complete 3 runs per week; a speed session, a tempo session & a longer run. In the week leading up to race day you can complete your weekly training, but aim to reduce your intensity.

For those of that are new to running start with some walking/jogging intervals starting with 20minute sessions & gradually increase to 30minutes. Aim to do 3 sessions per week with 1 day of active recovery between each.

Including regular stretch sessions in your week will help you to recover as you add more running into your week.

See you all on Race day!

Week	Session 1 – Intervals w – work & r - recovery	Session 2- Continuous run & uncomfortable pace	Session 3 – Long Run at easy pace
1 Beginner	60sec jog/ 60sec walk x 10	60sec jog/ 60sec walk x 10	parkrun jog/walk as needed
1 Intermediate	w200m/r200m x 8 - 10	3k flat	5k or parkrun
2 Beginner	90sec jog/ 60sec walk x 10	90sec jog/ 60sec walk x 10 with hills	parkrun jog/walk as needed
2 Intermediate	w400m/r200m x 6	4k include some hills	5k – 6k
3 Beginner	90sec jog/ 30sec walk x 10	90sec jog/ 30sec walk x 10 with hills	parkrun jog/walk as needed
3 Intermediate	w200m/r200m x 3 w400m/r200m x 3	4k	7k – 8k
4 Beginner	90sec jog/ 30sec walk x 10	20minutes continuous jogging	parkrun jog/walk as needed
4 Intermediate	w400m/r200m x 6 - 8	4k with hills	7k – 8k
5 Beginner	20minutes continuous jogging	25minutes continuous jogging	parkrun attempt continuous
5 Intermediate	w200m/r200m x 3 w400m/r200m x 2 w600m/r200m x1	5k	6k
6 Beginner	90sec jog/ 30sec walk	20minutes continuous jogging	Race Day
6 Intermediate	w400m/r200m x 6 - 8	4k easy	Race day