CANCER
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Together we are
beating cancer

Obstacle course training plan

running
withus

Obstacle course training plan

Training tips

- For threshold, continuous hills and interval sessions, start and finish with a 15-minute warm-up/cool-down.

- If you're feeling okay, consider a 20–30 recovery run in the morning before any of the quality sessions.

- If you're injured, very sore or it's unsafe to run, always substitute cross-training for running.

- If you have time, add a core conditioning, Pilates or yoga class once or twice a week.

- Stretch daily for at least 10 minutes to aid flexibility and recovery.

- Refuel promptly: eat within 20–30 minutes of finishing a run, swim, or cycle to support recovery.

- Train at your target pace.

- Listen to your body: Tiredness builds up, so prioritise rest when needed.

Obstacle course training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run: 30 min easy conversational pace	Core	Run: 30 min easy	Rest	Core + (rest, run or cross-training): 30 min easy	Run: 40 min easy with 2 min walk every 10 min if needed
2	Rest	Run: 30 min easy conversational pace	Core	Run: 30 min with 5 x (3 min threshold, 3 min walk)	Rest	Core + (rest, run or cross-training): 30 min easy	Run: 40 min easy with 2 min walk every 20 min if needed
3	Rest	Run: 30 min easy conversational pace	Core	Run: 30–40 min with 4 x (4 min threshold, 3 min walk)	Rest	Circuits	Run: 50 min easy with 2 min walk at 35 min if needed
4	Rest	Run: 40 min easy conversational pace	Core	Run: 40 min with 3 x (5 min threshold, 2 min walk)	Rest	Circuits	Run: 1 hr easy with 3 x (18 min, 2 min walk recovery)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Rest	Run: 30–40 min easy	Core	Run: 40 min easy	Rest	Parkrun or self-timed 5k	Run: 30 min easy
6	Rest, run or cross-training: 30 min easy	Run: 40 min easy	Core	Run: 40 min with 4 x (5 min threshold, 2 min walk/ jog)	Rest	Circuits	Run: 1 hr easy, off road
7	Rest, run or cross-training: 30 min easy	Circuits	Core	Run: 45 min with 5 x (5 min threshold, 2 min walk/jog)	Rest	Circuits	Run: 1 hr 10 min easy, off road with 3–4 min walk every 20–25 min if needed
8	Rest, run or cross-training: 30 min easy	Progression run: 10 min easy, 10 min steady, 10 min threshold	Core	Run: 40–45 min with 5 x (5 min threshold, 1 min 30 sec walk)	Rest	Circuits	Run: 1 hr 20 min off road with 3–4 min walk every 20–25 min if needed
9	Rest, run or cross-training: 30 min easy	Circuits	Core	Run: 40–45 min with 6 x (5 min threshold, 2 min walk/jog)	Rest	Circuits	Run: 1 hr 20 min easy, off road

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Rest, run or cross-training: 30 min easy	Progression run: 15 min easy, 15 min steady, 15 min threshold	Core	Out and back run: 40 min with 20 min out steady, back 2–3 min quicker	Rest	Circuits	Run: 1 hr 30 min easy, off road
11	Rest, run or cross-training: 30 min easy	Circuits	Core	Out and back run: 40 min with 20 min out steady, back 2–3 min quicker	Rest	Parkrun or self-timed 5k: with 5 x (3 min fast, 1 min 30 sec recovery)	Run: 45 min–1 hr easy
12	Rest, run or cross-training: 30 min easy	Run: 30 min with 3 x (5 min threshold, 3 min jog recovery)	Rest	Run: 20–25 min easy	Rest	Race day – good luck!	Race day – good luck!