

12 5ks of Christmas Challenge

Training guide



Adapt the challenge to suit you

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge to suit you. The goal is to complete 12 5k runs in December. However you choose to tackle your runs, you'll be helping us to power progress.

Ease your way in

Remember to stretch before and after you run. Consider finding out how long your 5ks will take and what time of day works best for you before the challenge begins.

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 5ks.

Team up

Running in a group will inspire you to push harder than you might on your own. Whether you complete your 5ks together or individually, encourage others to join in the challenge too.

Fuel your runs

You'll likely be using more energy than usual. Make sure you've got enough fuel to complete your runs by eating a healthy and nutritious diet. For more information, visit cruk.org/diet



Keep hydrated

Make sure you drink enough water before and after your runs.

