

# Training guide

## Adapt the challenge to suit you

People of all levels are taking part in 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 however you like. It should be tough, but doable. However you choose to break down the 31 miles, you'll be helping to stick two fingers up to cancer.

## Ease your way in

Remember to stretch before and after every jog and gradually build up your miles throughout the month. Why not find out what pace, distance and even time of day works for you before the challenge begins?

## Make a plan

Use your challenge calendar to plan where and when you'll be completing your 31 miles, whether that's one mile a day or longer jogs at the weekend.

## Team up

Jogging in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the miles together or individually, encourage others to join in the challenge too!

## Fuel those miles

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those miles by eating a healthy and nutritious diet. For more information, visit [cruk.org/diet](http://cruk.org/diet)

## Get the gear

Make sure you have a comfortable pair of trainers. Wearing the wrong type of shoe is the most common cause of injury.

## Track every mile

Show off your progress to your supporters by tracking every mile with a tracking app. We recommend **Strava** as you can link your runs to your online Giving Page.

## Keep hydrated

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

