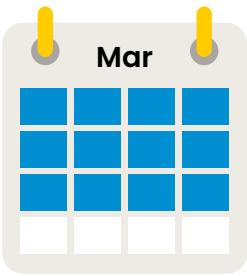


# Training guide



## Adapt the challenge to suit you

People of all fitness 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 5k runs, you'll be helping us to power progress.

## Ease your way in

Remember to stretch before and after. Find out when and where works best for your runs.



## Team up

Running in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the 5k runs together or individually, encourage others to join in the challenge too!

## Fuel those kilometres

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those kilometers by eating a healthy and nutritious diet. Find out more about [eating a healthy diet](#).

## Wear the right gear

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

## Keep hydrated

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

