



Forestry Commission  
England



# Your 6-week training programme

Run Forest Run is all about getting active and having fun in one of our beautiful forest sites.

Cut out all the dotted line and stick to your fridge ✂



## 6-week training programme

Week	Run	Walk	Frequency	Total Time
1	1 minute	1 minute	10	20 minutes
2	3 minutes	1 minute	7	21 minutes
3	4 minutes	1 minute	7	28 minutes
4	7 minutes	1 minute	6	30 minutes
	Sprints: 30 seconds	Walk back	6	10 minutes
5	13 minutes	2 minutes	4	40 minutes
	Sprints: 30 seconds	Walk back	10	15 minutes
6	30 minutes	1 minute	1	31 minutes
	Sprints: 30 seconds		10	15 minutes



Our 6-week workout plan, perfect for runners of all abilities, has been **specially designed by our forest personal trainer, Clare Darlington**, to build confidence and boost those fitness levels.

This plan, with the accompanying email and video programme, provide you with weekly running exercises to get you up and running on the forest trails.

Supported by our **1, 2 and 3km routes**, you'll feel fitter and more confident in just 6 weeks!

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[forestry.gov.uk/runforestrun](http://forestry.gov.uk/runforestrun)

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