

# Running Divas Short Course 5kms to 12kms Trail Training Plan Beginner



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>- X 10 squats</li> <li>- X 10 push ups</li> <li>- X 10 dips</li> <li>- X 10 glute bridges</li> <li>- X 10 Curtsey lunges each leg</li> <li>- X 10 walking lunges</li> </ul> <p>Rest 3mins between sets</p> <p>Repeat 2 times</p>	<p><b>Warm up drills</b> Option 1</p> <p>1km easy run X 4 sprints up hill of approx. 200m Rest in between each sprint until HR drops</p> <p><b>Option 2</b></p> <p>X 4 Walk up hill of approx. 200m &amp; then sprint down again Rest in between each sprint until HR drops Stretch &amp; foam roll</p>	<p><b>Strength</b> Combo of</p> <ul style="list-style-type: none"> <li>- X 10 v sits</li> <li>- X 10 sit ups</li> <li>- X 10 Bicycle crunches</li> <li>- X 10 Russian twists</li> <li>- X 30 sec plank</li> </ul> <p>Rest 3mins between sets</p> <p>Repeat 2 times</p>	<p><b>Warm up drills</b> 30mins easy run on trails Stretch &amp; foam roll</p>	<p><b>Xtraining30/45min</b> Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, Zumba, barre</p>	<p><b>Warm up drills</b> Run 2kms easy run on trails Stretch, foam roll, compression tights &amp; soda crystal bath</p>
2	Rest	<p><b>Strength</b></p> <ul style="list-style-type: none"> <li>- X 10 squats</li> <li>- X 10 push ups</li> <li>- X 10 dips</li> <li>- X 10 glute bridges</li> <li>- X 10 Curtsey lunges each leg</li> <li>- X 10 walking lunges</li> </ul> <p>Rest 3mins between sets</p> <p>Repeat 3 times</p>	<p><b>Warm Up Drills</b></p> <p>Run 200m at race pace or sprint &amp; 200m steady for 3kms</p> <p>Stretch &amp; foam roll</p>	<p><b>Strength</b> Combo of</p> <ul style="list-style-type: none"> <li>- X 10 v sits</li> <li>- X 10 sit ups</li> <li>- X 10 Bicycle crunches</li> <li>- X 10 Russian twists</li> <li>- X 30sec plank</li> </ul> <p>Rest 3mins between sets</p> <p>Repeat 3 times</p>	<p><b>Warm up drills</b> 40mins easy run on trails Stretch &amp; foam roll</p>	<p><b>Xtraining30/45min</b> Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, Zumba, barre</p>	<p><b>Warm up drills</b> Run 4kms easy run on trails Stretch, foam roll, compression tights &amp; soda crystal bath</p>

