

LRC Mammoth March: Six Week Training Plan for the 5mile Mighty Event on March 20-21, 2021

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
1	30mins gentle cardio activity: walk or bike.	W/up. 5mins walk. 10x 1min E w/ 1min rest. 5mins walk. C/d.	Core workout: LRC YouTube channel.	Rest day	35mins gentle cardio activity: walk, bike, swim.	W/up. 5mins walk. 2x 1min E with 1min rest. Walk-run 1mile continuously. 5mins walk. C/d.	Rest day. Optional Yoga via LRC YouTube channel.	Look at the shoes that you will be using to exercise - are they supportive and comfortable?
2	35mins gentle cardio activity: walk or bike.	W/up. 5mins walk. 12x 1min E w/ 1min rest. 5mins walk. C/d.	Core workout: LRC YouTube channel.	Rest day.	40mins gentle cardio activity: walk, bike, swim.	W/up. 5mins walk. 3x 1min E with 1min rest. Walk-run 2miles continuously. 5mins walk. C/d.	Rest day. Optional Yoga via LRC YouTube channel.	Keep an eye on your hydration levels. Carry a water bottle when exercising or have one ready for when you finish. Consider adding electrolytes.
3	40mins gentle cardio activity: walk or bike.	W/up. 3mins walk. 3mins E. 5x 1min E w/ 1min rest, 5x 2mins E/ walk 5mins walk. C/d.	Core workout: LRC YouTube channel.	W/up. 3mins walk. 5mins E. 4x 3mins E with 1:30mins rest. 5mins walk. C/d.	45mins gentle cardio activity: walk, bike, swim.	W/up. 5mins walk. 4x 1min E with 1min rest. Walk-run 3miles continuously. 5mins walk. C/d.	Rest day.	Nutrition is important to fuel your workouts and help you feel good! Check the balance of your diet for a range of carbs, protein, fats & essential nutrients.
4	45mins gentle cardio activity: walk or bike.	W/up. 2mins walk. 5mins E. 8x 2mins E w/ 1min rest. 5mins walk. C/d.	Core workout: LRC YouTube channel.	W/up. 2mins walk. 8mins E. 6x 3mins E with 1min rest. 5mins walk. C/d.	50mins gentle cardio activity: walk, bike, swim.	W/up. 5mins walk. 4x 1min E with 1min rest. Walk-run 4miles continuously. 5mins walk. C/d.	Rest day. Optional Yoga via LRC YouTube channel.	Core strength helps to avoid injuries and maintain great posture. 10mins 2-3x per week is a great place to start.
5	35mins gentle cardio activity: walk or bike.	W/up. 2mins walk. 5mins E. 10x 1min E w/ 1min rest, 4x 2mins E w/ 1min rest. 5mins walk. C/d.	Core workout: LRC YouTube channel.	W/up. 2mins walk. 5mins E. 5x 3mins E with 1min rest. 5mins walk. C/d.	40mins gentle cardio activity: walk, bike, swim.	W/up. 5mins walk. 4x 1min E with 1min rest. Walk-run 4.5miles continuously. 5mins walk. C/d.	Rest day. Optional Yoga via LRC YouTube channel.	Why yoga? Rest & relaxation are an essential part of life. Yoga can be a great way to help recovery from training.
6	30mins gentle cardio activity: walk or bike.	W/up. 2mins walk. 5mins E. 10x 1min E with 1min rest. 5mins walk. C/d.	Core workout: LRC YouTube channel.	W/up. 2mins walk. 5mins E. 5x 2mins E with 1min rest. 5mins walk. C/d.	Rest day. Prepare for weekend event. Plan your route and set up a safety contact.	LRC Mammoth March weekend! Time for your 5miles – don't forget to warm up first! Upload your results to RunSignup!	Recovery day! Congrats on completing your walk-run! Feet up and rest like a true champ!	Thanks for taking part in our virtual Mammoth March and helping us fundraise for The Trussell Trust!

Key:

- W/up = dynamic exercises to prepare body for movement even before you leave the house. See the LRC YouTube channel for ideas.
- C/d = static stretching and foam rolling back at home to help ease tight muscles and release tension.
- E = easy walking/ running pace. Should feel like you could hold a conversation. If you like to monitor heart rate aim to stay in zone 2.
- Rest breaks between E minutes should be a simple pause, or a very slow walk or shuffle-jog. Relax and breathe, taking a moment to mentally check in.

Extra:

- Check out the LRC YouTube channel for warm up routines, core strength workouts, yoga and more: [The Long Run Collective - YouTube](#)

Disclaimer:

- Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription.