



**CITY IN THE  
COMMUNITY**

# **BLUE RUN**

## **AT HOME**

**SHOW YOUR COLOURS.  
RUN WITH CITY.**

SUPPORTING PARTNERS

**COLOUR  
CATCHER**

**musicMagpie**

**✓ Sure**

# BEFORE YOU START YOUR TRAINING

## Government Guidelines

You should minimise time spent outside your home, but you can leave your home to exercise. This should be limited to once per day, and you should not travel outside your local area.

You can exercise in a public outdoor place: by yourself, with people from your household or with your support bubble (if you are legally permitted to form one) and in a childcare bubble where providing childcare. Also when on your own, with 1 person from another household.

This includes but is not limited to: running, cycling, walking and swimming. Personal training can continue if participants are from the same household or support bubble. It can also continue if it is one-on-one, although this should only take place in a public outdoor place, and not in someone's private home or garden.

For further information please go to the Government website [www.gov.uk](https://www.gov.uk)



### Health Advice



**If you have a medical condition or if you are in any doubt about your health, make sure you consult your doctor before you run.**

- Do not run on an injury, even if it is healing, without consulting a doctor
- If you injure yourself whilst running, do not try to continue and seek medical advice
- Do not push yourself beyond your fitness limits
- Always warm up before exercising, especially before a long run
- Make sure you are well hydrated and take water and snacks if you are out on a long run
- Make sure you are wearing suitably warm clothing.

### Safety Advice




**See if you can run with someone in your support bubble. If you must run alone choose a route where there will be other people around and vary the times you run.**

- When running at night, always choose a well-lit path
- If you are running on a road, make sure you face towards oncoming traffic. Wear bright/reflective clothing so you can easily be seen
- Take a mobile phone and a small amount of money with you in case of emergencies
- Headphones may distract you, always be vigilant of your surroundings
- Keep expensive watches and jewellery out of sight and use a secure pocket to keep any valuable items safe.

# 2K BLUE RUN (UNDER 14)


Training time: 5 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TRAINING TIME
WEEK 1	Recovery Day	Start your watch and run for 4 mins. At 4 mins head back to where you started. During this time, you should be able to talk to the person you are running with without being out of breath.	Recovery Day	Start your watch and run for 4 mins. At 4 mins head back to where you started. During this time, you should be able to talk to the person you are running with without being out of breath.	Recovery Day	Start your watch and run for 4 mins. At 4 mins head back to where you started. During this time, you should be able to talk to the person you are running with without being out of breath.	Start your watch and run for 4 mins. At 4 mins head back to where you started. During this time, you should be able to talk to the person you are running with without being out of breath.	<b>Total training per day:</b> 8 Minutes <b>Total training time week 1:</b> 32 Minutes
WEEK 2	Recovery Day	Jog 1 warm up lap. Find a starting position and run fast for 30 seconds then stop to recover. Repeat this 6 times. Jog 1 warm down lap.	Recovery Day	Jog 1 warm up lap. Find a starting position and run fast for 30 seconds then stop to recover. Repeat this 6 times. Jog 1 warm down lap.	Recovery Day	Jog 1 warm up lap. Find a starting position and run fast for 30 seconds then stop to recover. Repeat this 6 times. Jog 1 warm down lap.	Jog 1 warm up lap. Find a starting position and run fast for 30 seconds then stop to recover. Repeat this 6 times. Jog 1 warm down lap.	<b>Total training per day:</b> 6 Minutes <b>Total training time week 2:</b> 24 Minutes
Head to your nearest park or somewhere in your local area where you can complete a lap.								
WEEK 3	Recovery Day	Start your watch and run for 5 minutes. Once your watch hits 5 minutes turn around and run back to where you started.	Recovery Day	Start your watch and run for 5 minutes. Once your watch hits 5 minutes turn around and run back to where you started.	Recovery Day	Start your watch and run for 5 minutes. Once your watch hits 5 minutes turn around and run back to where you started.	Start your watch and run for 5 minutes. Once your watch hits 5 minutes turn around and run back to where you started.	<b>Total training per day:</b> 10 Minutes <b>Total training time week 3:</b> 40 Minutes
Tip: If you get bored or you cannot talk without huffing and puffing you are either running too slow or running too quick. Try to find a middle ground.								
WEEK 4	Recovery Day	Try to run up the hill at a fast pace. When you reach the top walk down slowly to fully recover. Repeat 4 times.	Recovery Day	Try to run up the hill at a fast pace. When you reach the top walk down slowly to fully recover. Repeat 4 times.	Recovery Day	Try to run up the hill at a fast pace. When you reach the top walk down slowly to fully recover. Repeat 4 times.	Try to run up the hill at a fast pace. When you reach the top walk down slowly to fully recover. Repeat 4 times.	<b>Total training per day:</b> 20-30 Minutes <b>Total training time week 4:</b> 80-120 Minutes
Find a medium-size hill in your local area.								
WEEK 5	Recovery Day	Today is a freestyle run, you pick the route, you pick the pace, and you pick the time.	Recovery Day	Today is a freestyle run, you pick the route, you pick the pace, and you pick the time.	Recovery Day	Today is a freestyle run, you pick the route, you pick the pace, and you pick the time.		<b>Total training per day:</b> 20-30 Minutes <b>Total training time week 4:</b> 80-120 Minutes

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# 5K BLUE RUN

Training time: 6 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1		Target 1 Mile	30-minute Cross Training	Target 1 Mile		Target 2 Miles	30-minute Cross Training
	Recovery Day	Run 3 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Run 1 minute. Walk 1 minute. Continue until you have covered the target distance.	Recovery Day	Run 5 minutes. Walk 1 minute. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.
WEEK 2		Target 2 Miles	30-minute Cross Training	Target 1.5 Miles		Target 2 Miles	30-minute Cross Training
	Recovery Day	Run 4 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Run 1 minute. Walk 1 minute. Continue until you have covered the target distance.	Recovery Day	Run 7 minutes. Walk 1 minute. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.
WEEK 3		Target 2 Miles	40-minute Cross Training	Target 1.5 Miles + 4 Strides		Target 2.5 Miles	40-minute Cross Training
	Recovery Day	Run 5 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Run 2 minutes. Walk 1 minute. Continue until you have covered the target distance.	Recovery Day	Run 8 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.
WEEK 4		Target 2.5 Miles	40-minute Cross Training	Target 2 Miles + 4 Strides		Target 2.5 Miles	50-minute Cross Training
	Recovery Day	Run 5 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Run 2 minutes. Walk 1 minute. Continue until you have covered the target distance.	Recovery Day	Run as much as possible, but don't be afraid to take walking break.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.
WEEK 5		Target 2.5 Miles	40-minute Cross Training	Target 2 Miles + 4 Strides		Target 3 Miles	50-minute Cross Training
	Recovery Day	Run 8 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Run 2 minutes. Walk 1 minute. Continue until you have covered the target distance.	Recovery Day	Run as much as possible.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.
WEEK 6		Target 2 Miles	30-minute Cross Training	Target 1.5 Miles + 4 Strides	30-minute Cross Training		
	Recovery Day	Run 8 minutes. Walk 30 seconds. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Run 2 minutes. Walk 1 minute. Continue until you have covered the target distance.	Swimming, yoga, cycling, spinning, walking, or other forms of aerobic training.	Recovery Day	

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# 10K BLUE RUN (PART 1)

Training time: 12 weeks


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1		Target 2.5 Miles	30-minute Cross Training	Target 2 Miles		40-minute Cross Training	Target 3 Miles
	Recovery Day	Do not be afraid to take walking breaks. Just cover the distance.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Do not be afraid to take walking breaks. Just cover the distance.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Do not be afraid to take walking breaks. Just cover the distance.
WEEK 2		Target 2.5 Miles	30-minute Cross Training	Target 2 Miles		40-minute Cross Training	Target 3.5 Miles
	Recovery Day	Do not be afraid to take walking breaks. Just cover the distance.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Do not be afraid to take walking breaks. Just cover the distance.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Do not be afraid to take walking breaks. Just cover the distance.
WEEK 3		Target 2.5 Miles	35-minute Cross Training	Target 2 Miles		50-minute Cross Training	Target 4 Miles
	Recovery Day	Do not be afraid to take walking breaks. Just cover the distance.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Do not be afraid to take walking breaks. Just cover the distance.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Do not be afraid to take walking breaks. Just cover the distance.
WEEK 4		Target 3 Miles	40-minute Cross Training	Target 2 Miles		50-minute Cross Training	Target 4 Miles
	Recovery Day	Take a walking break if required but try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Take a walking break if required but try to maintain a good pace throughout.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Take a walking break if required but try to maintain a good pace throughout.
WEEK 5		Target 3 Miles	40-minute Cross Training	Target 2 Miles		60-minute Cross Training	Target 4.5 Miles
	Recovery Day	Take a walking break if required but try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Take a walking break if required but try to maintain a good pace throughout.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.
WEEK 6		Target 3 Miles	40-minute Cross Training	Target 2 Miles		60-minute Cross Training	Target 5 Miles
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.

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# 10K BLUE RUN (PART 2)

Training time: 12 weeks

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7		Target 3 Miles	45-minute Cross Training	Target 2.5 Miles		60-minute Cross Training	Target 5.5 Miles
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.
WEEK 8		Target 3 Miles	45-minute Cross Training	Target 2.5 Miles		60-minute Cross Training	Target 5.5 Miles
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.
WEEK 9		Target 2.5 Miles	30-minute Cross Training	Target 2.5 Miles	Target 2.5 Miles	30-minute Cross Training	Target 6 Miles
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.
WEEK 10		Target 2.5 Miles	30-minute Cross Training	Target 3 Miles	Target 2.5 Miles	30-minute Cross Training	Target 6.5 Miles
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.
WEEK 11		Target 2.5 Miles	30-minute Cross Training	Target 3 Miles		30-minute Cross Training	Target 7 Miles
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Recovery Day	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.
WEEK 12		Target 2.5 Miles	60-minute Cross Training	Target 2.5 Miles	30-minute Cross Training		
	Recovery Day	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Try to maintain a good pace throughout.	Swimming, cycling, walking, or other forms of aerobic training. Do not cross-train too vigorously, cross-training days should be easy days.	Recovery Day	

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# WARM-UP EXERCISES

Try to spend at least 5 to 10 minutes warming up.

Focus first on large muscle groups, the more intense your workout is going to be, the longer your warm-up should be.

## Warm-Up Exercises for Children



**Start with slow and easy forward movements such as dancing or high knees, then increase those movements with impact exercises such as jumping jacks.**

### Dancing

This allows younger children to make up their own moves to music they like.

### High knees

Marching like a soldier, either on the spot or walking.

### Arm circles

Hold arms outstretched and start with small circles and increase to bigger circles.

### Jumping Jacks

Add impact movements to the routine to increase intensity.

## Warm-Up Exercises for Adults



**5 dynamic warm-up stretches.**

### Glute and Piriformis Activation

This dynamic stretch is great for the glutes, hips, lower back, and lateral quad mobilisation.

### Hamstring Sweep

Hamstring conditioning and flexibility. Conditioning of the hamstring group and long-term improvement of flexibility.

### Ankle and Calf Mobilisation

This is an absolute must for those who suffer with achilles, calf, plantar fasciitis and shin issues.

### Leg Swing: Abductor and Adductor

Increased mobility around the abductor/adductor muscle groups along with a stronger core. Increased range of movements.

### Leg Swings: Hamstring and Hip Flexor

Increased mobility around the hamstring/hip flexor muscle groups along with a stronger core. Increased range of movement.

# HEALTHY EATING

## A Healthy Eating Plan

A healthy eating plan gives your body the nutrients it needs every day. It will lower your risk of heart disease and other health conditions.

### Example foods for a healthy eating plan include:

Whole grains, such as brown rice, quinoa, farro and freekeh. Fruits, including berries, apples, oranges, and pears. Vegetables and low-fat or non-fat dairy. Lean meats, fish, and poultry. Healthy fats, like extra-virgin olive oil, avocado, nuts and seeds.



### What should I eat on rest and light intensity training days?

Carbohydrates are a main fuel for endurance training. On easier training days, less carbohydrates are required. This may mean that only one meal needs to be carbohydrate-based.

### What should I eat on moderate intensity training days?

Try to moderate your intake of carbohydrates on these days. Include carbohydrates in two meals, this will ensure that the body is properly fuelled for training. If you have included carbs at breakfast and lunch, your evening meal can be lower in carbohydrate and higher in protein, fats, and vegetables.

### What should I eat on high intensity training days?

Try to moderate your intake of carbohydrates on these days. Include carbohydrates in two meals, this will ensure that the body is properly fuelled for training. If you have included carbs at breakfast and lunch, your evening meal can be lower in carbohydrate and higher in protein, fats, and vegetables.



## Good Carbohydrates

Fresh fruit and vegetables, whole grains, brown rice, nuts and pure oats.

### Why are they good?

- High in fibre
- Natural sugar
- Prolonged energy
- Helps with weight loss.



## Bad Carbohydrates

Fruit juices, white bread, white rice, white pasta and crisps.

### Why are they bad?

- Low in fibre
- Refined and processed
- Carbs converted into fat cells
- Energy levels reduce quicker.

