







Run26 plan

This running plan is designed to get you all the way to the Run26 finish line.

Monday 1 Oct	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 mile run Here we go, let's get started... <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Short recovery walk <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest <input type="checkbox"/>	1.5 miles Turning it up. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest <input type="checkbox"/>	Diabetes UK 2.5km Super Run Saturday! 9am and we're all out together. Send us your pics using #Run26 (1.5 miles) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Rest 4 miles this week 
Monday 8 Oct Rest <input type="checkbox"/>	Tuesday 1.5 miles Week 2. Blister plasters are on, and we're off. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wednesday Rest <input type="checkbox"/>	Thursday 2 mile run Nice and easy, look after those legs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Friday Rest <input type="checkbox"/>	Saturday 2.5 mile run Now you can feel it. Stamina, wrapped around your thighs. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sunday Rest 6 miles this week 
Monday 15 Oct Rest <input type="checkbox"/>	Tuesday 2 miles We're over half way through the challenge. Cross these days off as you cross off the miles. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wednesday Rest <input type="checkbox"/>	Thursday 2 miles This takes us halfway through the distance. High fives all round. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Friday Rest <input type="checkbox"/>	Saturday Diabetes UK 5km Super Run Saturday! 9am – Bring it on. Have a good breakfast, then we're all taking on 5km together. Send pics with #Run26 (3 miles) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sunday Rest Well deserved. Feet up, somebody else is cooking today. 7 miles this week 
Monday 22 Oct Rest <input type="checkbox"/>	Tuesday 2 miles You're going strong, keep it up. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wednesday Rest <input type="checkbox"/>	Thursday 2 miles Say with us... "There will come a day when I can no longer run. Today is not that day." <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Friday Rest <input type="checkbox"/>	Saturday 2 miles You're about to finish this marathon. We're proud of you. One more run to go. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Sunday Rest 6 miles this week 
Monday 29 Oct Rest This is an extra rest before you take on your final run. Have a good stretch and get ready to finally finish this challenge. <input type="checkbox"/>	Tuesday Rest <input type="checkbox"/>	Wednesday 3.2 miles Yes. Yes. Yes. You're a marathon finisher and we hope you feel great. Congratulations and well done. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26.2 miles 