



# TRAINING GUIDE



**TREES  
FOR CITIES**



# ON YOUR MARKS...



From everyone here at Trees for Cities, thank you for taking part in a challenge event - your support really does mean the world to us!

We're here to help you every step of the way - training for a challenge event can be tough, but if you do it in the right way, it can also be great fun, great for your health, and immensely "tree"-warding! So we've produced this handy guide to help you train up in the right way for your run, so you can be totally fit and ready for the big day!

If you haven't yet checked out our fundraising guide, be sure to have a look at that too - it's packed full of great ideas and information to help you raise as possible!



# GET SET...

## MAKE SURE YOU'RE FULLY PREPARED BEFORE YOU START TRAINING - BE SURE TO ASK YOURSELF:

### **Am I ready to run?**

If you're not, you may want to kick your training off with some brisk walking, and not dive head-first into running or cycling. If you start by walking, you'll be able to ease your body into a new exercise routine and avoid any unnecessary injuries.

A brisk walk will be about 3 miles per hour, which is faster than normal walking pace, and can be as short as 10 minutes per day if you're an absolute beginner. As you get fitter, gradually increase your pace and distance until you can comfortably jog.

### **Do I have the right shoes?**

Another way to avoid unnecessary injuries while training is to have a good pair of trainers. You will be pushing your feet and legs a lot, so having the right balance and structure for your body is very important.

There are a lot of trainers out there on the market, so if you feel overwhelmed, go into a sportswear shop and ask an assistant to help you. It's also advisable to get a new pair every 300 miles or so, as even the best shoes will wear out over time.

**Once you feel ready and prepared, it's time to...**



# GO!

## THE MOST IMPORTANT THING TO REMEMBER IS TO BE NICE TO YOUR BODY - YOU'RE GONNA NEED IT

Ok, so we all know that it can be really tempting to go full speed ahead and just start going for it, but do hold up - this is a sure-fire way to injure yourself while you're training.

### **Stretching and warm up**

One really simple way to avoid unnecessary injury is to start and finish each session by stretching, this can greatly reduce risk of injury, and can increase success when running. As a rule of thumb, if you don't feel up to it one day, then don't stress! Instead, just do your warm up and stretches. If you still feel it wouldn't be smart, then don't - trust your instincts!

If this is your first time running or cycling, then it is super important to ease yourself into it. After all, running in headfirst will only cause injury - it's why challenge events always start off with warm-ups and stretches. Don't treat your training any differently.



# TOP TIPS

Before you start running, we've gathered a few tips and tricks to help you get the most out of your training - from motivation, to tips for beginners, we hope you have a brilliant experience, especially with these suggestions.

1. When you have just started training, we recommend creating some sort of a schedule. This will keep you excited as it becomes part of your routine.

2. If you can, try and train with a friend, especially someone of similar ability. Hopefully you can encourage each other, even if you're not feeling so keen. You could even start some friendly competition, and even if you don't, you wouldn't want to let your pal down, would you?

3. Now this one will sound pretty silly, but try keeping a training diary/journal. The idea is that you note down each session, with details on the route, distance, speed, and how you felt. This will help to motivate you as you will clearly see your progress, with better times and longer distances. You could even go the extra mile (excuse the pun) and note down extra details like the weather conditions, but that's just for fun!

4. Be sure to alter your route. Going along the same route over and over will get repetitive and will lower the benefits of your session. The route may also get dull, which would cause issues in your motivation and may mean you stop (and we don't want that).





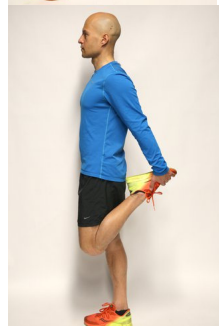
# WARMING UP/COOLING DOWN

**OK, SO THESE MAY NOT BE THE MOST FLATTERING POSES, BUT THEY WILL HELP YOU IMMEASURABLY WHEN TRAINING**

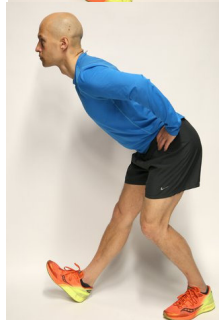
Keeping your back leg straight and avoiding sticking your buttock out and arching your back, slowly bend your front leg and push your right buttock forward until you feel a stretch across the front of your right hip joint. Repeat with the other leg.



Grab the top of your left foot behind you and gently pull your heel towards your left buttock to stretch the front of the thigh, keeping the knees touching.



Stand with your right leg just in front of the other and your hands on your hips. Keeping your right leg straight and toes pointing up, bend your left leg.



Lie on your back with both feet flat. Pull your right knee to your chest until you feel a stretch in your lower back.



Remember, when stretching, we recommend you hold the stretch for 15 seconds and perform it on both legs, after all you do have two of them!







# THANKS FOR HELPING

We really appreciate you raising money for the trees, and hope you enjoyed it too, if you would like any more info on training then we would highly recommend checking out the NHS website - we've left some links here for help with running in the cold, and even a guide for a 5K run week by week training programme. We hope you find them useful!

<https://www.nhs.uk/live-well/exercise/how-to-stretch-after-a-run/>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>



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