

# Running - Set 1 of 5 Weeks

Saturday, 17 October 2020 14:03

## CBDB's 5-week Running & Workout Plan Set 1 - First 5-week set

### Set 01/ Week 01

| Week:                          | 1/5                         | Wake-Up & Zombies   |
|--------------------------------|-----------------------------|---|
| Day                            | Title                       | Notes   |
| <input type="checkbox"/> Day 1 | NHS Wake-Up Workout (40min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/">https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/</a> |
| <input type="checkbox"/> Day 2 | Run - zombie (30min)        | Zombie Run App - run 01   |
| <input type="checkbox"/> Day 3 | NHS S&F (30min)             | NHS Strength & Flex w/ Laura Podcast / Tabatha Timer  |
| <input type="checkbox"/> Day 4 | Run - zombie (30min)        | Zombie Run App - run 02   |
| <input type="checkbox"/> Day 5 | NHS Wake-Up Workout (40min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/">https://www.nhs.uk/conditions/nhs-fitness-studio/wake-up-workout/</a> |
| <input type="checkbox"/> Day 6 | Run (long, 60min)           | 5k+ ( Runkeeper, voice: Drill Instructor)   |
| <input type="checkbox"/> Day 7 | Rest & Roller Workout       | FitOn Roller Recovery w/ Breanne  |

### Set 01/ Week 02

| Week:                          | 2/5                                     | Bellydancing & Nike's Chris Bennett   |
|--------------------------------|---|---|
| Day                            | Title                                   | Notes   |
| <input type="checkbox"/> Day 1 | NHS Belly Dancers for Beginners (45min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/</a> |
| <input type="checkbox"/> Day 2 | Run - Nike Running Club (30min)         | NRC - Just another run with Chris Bennet  |
| <input type="checkbox"/> Day 3 | NHS S&F (30min)                         | NHS Strength & Flex w/ Laura Podcast / Tabatha Timer  |
| <input type="checkbox"/> Day 4 | Run (30min)                             | NRC - Just a run with Chris Bennet  |
| <input type="checkbox"/> Day 5 | NHS Belly Dancers for Beginners (45min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/belly-dancing-for-beginners/</a> |
| <input type="checkbox"/> Day 6 | Run (60min, long)                       | 5k+ ( Runkeeper, voice: Mademoiselle )  |
| <input type="checkbox"/> Day 7 | Rest & Roller Workout                   | FitOn Roller Recovery w/ Breanne  |

### Set 01/ Week 03

| Week:                          | 3/5                                | Aerobics & Runkeeper's Erin   |
|--------------------------------|------------------------------------|---|
| Day                            | Title                              | Notes   |
| <input type="checkbox"/> Day 1 | Run - RK (30min)                   | Runkeeper Run - Audio Run 30 min Erin   |
| <input type="checkbox"/> Day 2 | NHS Aerobics for Beginners (40min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/</a> |

|                                |                                    |   |
|--------------------------------|------------------------------------|---|
| <input type="checkbox"/> Day 3 | Run - RK (30min)                   | Runkeeper Run - Audio Run 30 min Erin   |
| <input type="checkbox"/> Day 4 | NHS S&F (30min)                    | NHS Strength & Flex w/ Laura Podcast / Tabatha Timer  |
| <input type="checkbox"/> Day 5 | Run (long, 60min)                  | 5k+ (Runkeeper, voice: Your Conscience )  |
| <input type="checkbox"/> Day 6 | NHS Aerobics for Beginners (40min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/">https://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/</a> |
| <input type="checkbox"/> Day 7 | Rest & Roller Workout              | Foam roller session - StrengthRunning<br><a href="https://youtu.be/Ga6vMoX-oUw">https://youtu.be/Ga6vMoX-oUw</a>  |

#### Set 01/ Week 04

| Week:                          | 4/5                       | Pilates, Bach & 145BPM  |
|--------------------------------|---------------------------|---|
| Day                            | Title                     | Notes   |
| <input type="checkbox"/> Day 1 | Run - (30min)             | (Runkeeper, voice: Boston Fan ) Music: Abbado's Bach Brandenburg Concertos (Thx2 AlMorr)  |
| <input type="checkbox"/> Day 2 | NHS Pilates Knees (33min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/knee-problems-pilates-exercise-video/">https://www.nhs.uk/conditions/nhs-fitness-studio/knee-problems-pilates-exercise-video/</a> |
| <input type="checkbox"/> Day 3 | Run (30min)               | Holst The Planets (Thx2 lifluf)<br>(Runkeeper, voice: Drill Instructor)   |
| <input type="checkbox"/> Day 4 | NHS S&F (30min)           | NHS Strength & Flex w/ Laura Podcast / Tabatha Timer  |
| <input type="checkbox"/> Day 5 | Run (long, 60min)         | 5k+ Run to Prokofiev op4 4 pieces for piano ( Runkeeper, voice: Mr Announcer)   |
| <input type="checkbox"/> Day 6 | NHS Pilates Knees (33min) | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/knee-problems-pilates-exercise-video/">https://www.nhs.uk/conditions/nhs-fitness-studio/knee-problems-pilates-exercise-video/</a> |
| <input type="checkbox"/> Day 7 | Rest                      | FitOn Roller Recovery w/ Breanne  |

#### Set 01/ Week 05

| Week:                          | 5/5                       | La Bomba & Zombies revisited  |
|--------------------------------|---------------------------|---|
| Day                            | Title                     | Notes   |
| <input type="checkbox"/> Day 1 | La Bomba Dance (40min)    | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/">https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/</a> |
| <input type="checkbox"/> Day 2 | Run - Zombies Run (30min) | Zombie Missions / Music: Prokofiev Piano  |
| <input type="checkbox"/> Day 3 | NHS S&F (30min)           | NHS Strength & Flex w/ Laura Podcast / Tabatha Timer  |
| <input type="checkbox"/> Day 4 | Run - Zombies (30min)     | ZombieMission / Music: Prokofiev Piano  |
| <input type="checkbox"/> Day 5 | La Bomba Dance (40min)    | <a href="https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/">https://www.nhs.uk/conditions/nhs-fitness-studio/dance-la-bomba/</a> |
| <input type="checkbox"/> Day 6 | Run (long) NRC (60min)    | 5k+ NRC Run 60min w/ Shy  |
| <input type="checkbox"/> Day 7 | Rest & Roller Workout     | FitOn Roller Recovery w/ Breanne  |