

Prep week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	15 min walk session Let's get the legs moving.	Rest	14 min run or walk session 1 min easy run, 1 min walk x7.	Rest	Optional brisk walk – 20 to 30 min. Try to include some hills on the walk.	15 min run or walk session 2 min easy run, 1 min walk x5.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	16 min run or walk session 1 min easy run, 1 min walk x8. Keep running effort relaxed.	Rest	20 min run or walk session 1 min easy run, 1 min walk x10. Try to keep walk recovery pace brisk.	Rest	Optional brisk walk – 20 to 30 min. Include hills on the walk if you can.	21 min run or walk session 5 min continuous easy run then add 8 x 1 min easy run, with 1 min walk between each effort.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 3						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	15 min run or walk session 2 x 5 min easy run with 1 min walk in between. Finish with a 3 to 5 min brisk walk recovery. Still aim to keep your running efforts really easy and relaxed.	Rest	15 min brisk run session 5 min very easy jog then add 10 x 1 min brisk run, with 1 min full rest between each effort.	Rest	Optional brisk walk – 20 to 30 min. Include hills on the walk if you can.	20 min run or walk session 4 min easy run, 1 min easy walk x 4. The goal here is still 'time on feet' so focus on maintaining your easy, controlled pace.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Prep week 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	21 min run to walk session 3 x 5 min easy run with 1 min walk between each effort. Finish with a 3 min brisk walk recovery. Try to push yourself for the last 5 min.	Rest	18 min brisk run session 6 min very easy jog then add 8 x 90 second brisk run with 1 min full rest between each effort.	Rest	Optional brisk walk – 20 to 30 min.	20 min run or walk session 10 min easy run, then 2 x 5 min easy run each with 2 to 3 min rest.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	1 mile run Here we go, let's get started... <input type="checkbox"/>	Rest <input type="checkbox"/>	1.5 miles Turning it up. <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"/>	Rest 4 miles this week
Monday 7 Oct	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest <input type="checkbox"/>	1.5 miles Week 2. Blister plasters are on, and we're off. <input type="checkbox"/>	Rest <input type="checkbox"/>	2 mile run Nice and easy, look after those legs. <input type="checkbox"/>	Rest <input type="checkbox"/>	2.5 mile run Now you can feel it. Stamina, wrapped around your thighs. <input type="checkbox"/>	Rest 6 miles this week
Monday 14 Oct	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest <input type="checkbox"/>	2 miles We're over half way through the challenge. Cross these days off as you cross off the miles. <input type="checkbox"/>	Rest <input type="checkbox"/>	2 miles This takes us halfway through the distance. High fives all round. <input type="checkbox"/>	Rest <input type="checkbox"/>	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"/>	Rest Well deserved. Feet up, somebody else is cooking today. 7 miles this week
Monday 21 Oct	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest <input type="checkbox"/>	2 miles You're going strong, keep it up. <input type="checkbox"/>	Rest <input type="checkbox"/>	2 miles Say with us... "There will come a day when I can no longer run. Today is not that day." <input type="checkbox"/>	Rest <input type="checkbox"/>	2 miles You're about to finish this marathon. We're proud of you. One more run to go. <input type="checkbox"/>	Rest 6 miles this week
Monday 28 Oct	Tuesday	Wednesday	Thursday 31 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"/>	Rest <input type="checkbox"/>	3.2 miles Yes. Yes. Yes. You're a marathon finisher and we hope you feel great. Congratulations and well done. <input type="checkbox"/>	26.2 miles 			