

So, you've signed up for The Enormous Elephant Run Freestyle... Welcome to our herd!

Elephants are the superheroes of the savannah but they need our help. With help from Julie Fastiggi from [Running Matters](#), our couch to 5k training plan will help you know where to start and pace yourself to meet your goals, injury free.

Training gives your body a chance to get used to what you will be asking of it and allows you to perform your best and really enjoy the event.



To get yourself ready for the Run, you should aim to follow a training plan that suits your needs and fits around your life-style.



Some Top Tips:

- Have a plan! It will keep you motivated and you won't be tempted to give up your hard work.
- A decent pair of running shoes is essential. Each runner is different and the type of shoe you need will depend on your biomechanical and training needs. If you're buying a new pair of trainers, make sure to go to a specialist running shop.
- Find a running buddy. It really helps to have someone about the same level of ability as you to run with, whether it's one friend or a running group - you will feel you don't want to let your running partner (s) down and this will help you keep going.
- You become stronger and fitter during your recovery, not during your actual run. Make sure recovery is built into your training plan. Listen to your body by including rest days when you need them and looking out for injuries.
- Make sure to give yourself time to warm up and cool down after your run, using our post-run yoga stretches. Warming up allows time for your body to prepare mentally and physically for the exercise you're about to do, and may reduce your risk of injury. Cooling down after your run allows your heart rate to return to normal gradually and may help to reduce post-run muscle soreness and stiffness.
- Mix it up. Keep your training interesting by varying your runs. Try different distances and new routes, and experiment with faster (tempo) runs.



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Our 5k training plan is designed for you to start six weeks before The Enormous Elephant Run: Freestyle.

It's a beginners training plan so if you currently exercise at moderate intensity 3 times a week or more, or feel that you have a good level of fitness, then you might feel more comfortable upping your pace or using a different plan.

Please remember that this training plan is generic and each person will progress at different rates. Therefore before you begin this training plan we strongly advise that you seek the advice of your doctor. This training plan is for advice purposes only and if you follow it you accept that there is a risk of injury and you acknowledge that you are doing so at your own risk. Before you begin please read our full disclosure on the following page.

NOTE: Before each exercise, it is essential to do a minimum of 10 minutes warm up, eg. medium pace walk for 10 minutes. It is also essential to do a cool down, for instance 5 minutes slow walk and to finish with stretching your muscles for 5 minutes.



SPEED KEY: 'EASY' (E) = 3-4/10 'STEADY' (S) = 6-7/10

	Week 1 (EASY PACE)	Week 2 (EASY PACE)	Week 3
Mon	Run 1 min Walk 1 min x 10 times	Run 3 mins Walk 3 mins x 4 times	Run 7 mins Walk 2-3 mins x 3 times (E)
Tues	Rest day	Rest day	Rest day
Wed	Run 2 mins Walk 4 mins x 5 times	Run 3 mins Walk 3 mins x 4 times	Run 8 mins Walk 2-3 mins x 3 times (E)
Thurs	Rest Day	Rest day	Rest day
Fri	Rest Day	Rest or 30 min brisk walk	Rest day
Sat	Run 2 mins Walk 4 mins x 5 times	Run 5 mins Walk 3 mins x 3 times	Run 8 mins Walk 2 - 3 min x 3 times (S)
Sun	Rest day	Rest day	Rest day

	Week 4	Week 5	Week 6
Mon	Run 8 mins Walk 2 min x 3 times (E)	Run 9 mins Walk 1 min x 3 times (S)	Run 15 min Walk 1 min x 2 times (S)
Tues	Rest day	Rest day	Rest day
Wed	Run 10 mins Walk 2 min x 2 times. Then run for 5 mins (E)	Run 12 mins Walk 2 min x 3 times. Then Run for 5 mins	Run 8 mins Walk 2 min x 3 times (S)
Thurs	Rest Day	Rest day	Rest day
Fri	Rest or 30 min brisk walk	Rest or 30 min brisk walk	Run 8 mins Walk 2 mins X3 times (S)
Sat	Run 8 mins Walk 2 min x 3 times (S)	Run 8 mins Walk 2 mins x 3 times	Race Day—Enjoy!
Sun	Rest day	Rest day	

GOOD LUCK and we'll see you at the starting line!



Disclosure: All the information presented on the Enormous Elephant Run website and in The Enormous Elephant Run: Freestyle training plan document is for resource purposes only. It is NOT a substitute for, or an addition to any advice given to you by, your Doctor or Health Care Provider. Before making any changes to your lifestyle, diet or exercise habits and before implementing any information provided here, you must consult your Doctor. By accessing the information you waive and release any and all claims for damages that may occur as a result of your following the advice. Please understand that you are solely responsible for the way information is perceived and utilised and you do so at your own risk. You further certify that you have full knowledge of the risks involved in starting, partaking and completing a training plan. If you ever feel dizzy, discomfort or pain terminate the activity immediately and seek medical advice. In no way will The Enormous Elephant Run: Freestyle, Julie Fastiggi, or any persons associated with The David Sheldrick Wildlife Trust be held responsible for any injuries or problems that may occur due to the use of this training plan document and the advice contained within.

The Enormous Elephant Run is an event by The David Sheldrick Wildlife Trust USA
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