

**25
MILES**

12 Gins of Christmas

2021

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MILES**

Wednesday 1st

Warming up

Jog or brisk walk for 1 mile, taking note of the route, then repeat the mile a little bit faster.

2 miles in the bag

Thursday 2nd

Need for speed

Jog or brisk walk for 1 mile, now run another mile, attempting 10 lots speed bursts dotted throughout this mile. Don't sprint, just go faster than your normal pace for 20 seconds each burst.

Walk a mile as your cool down.

5 miles in the bag

Friday 3rd

Dial it back

A gentle walk of one mile (about 2000 steps).

Do 30 mins stretching or yoga, to prepare for the weekend of running.

6 miles in the bag

Saturday 4th

A walk with a view

Brisk walk/gentle jog of 2 miles.

8 miles in the bag

Sunday 5th

Weekend Walk

Aim for a 4 mile walk.

12 miles in the bag

Monday 6th

Over half way!

Aim for a 2-3 mile brisk walk/jog.

14 miles in the bag

Tuesday 7th

Rest day

Stretch/yoga/pilates session as well as a walk of one mile.

15 miles in the bag

Wednesday 8th

Need for speed

Walk briskly for 1 mile, then start jogging/running, attempting to pick up the pace for 30 seconds at a time, with jogging or walking recovery. Do this for one mile, then slow jog for one more mile.

18 miles in the bag

Thursday 9th

Go the distance

A three-mile walk/run. For this run, find a hilly spot and try running/fast walking to the top, then jogging down.

Try to find some off-road terrain to walk and run on, this then becomes a cardiovascular challenge.

**21 miles
in the bag**

Friday 10th

Get strong

Try a 1-mile walk (about 2000 steps).

Then do a short body weights session, including squats and lunges, then stretch and get ready for your final challenge.

22 miles in the bag

Saturday 11th

Rest day

Stretch/yoga/pilates session.

Sunday 12th

Grand finale!

Grab your most festive outfit run/walk for 3 miles.

25 miles in the bag

YOU DID IT!!!

Grab a festive tippie and celebrate!

Don't forget to take a finish line picture and post it the

**Secret London Runs
Connect Group on
Facebook.**

