

URBAN RUSH

Training tips

Running 15 miles cross-city is a different kind of challenge. So we've designed a training plan to whip you into the shape of your life, and to help you tackle anything the city throws at you.

Getting started

Unless you're the next Zola Budd, shoes are the most important piece of equipment you need to run. Having a pair that fits you properly is crucial. Go to a specialist running store and they will analyse your technique and recommend the proper footwear. While you're there, invest in some decent running gear – including something high vis or reflective for any night running you have planned.

Warm up

A proper warm up should increase your heart rate, speed up your breathing and warm up the muscles. Dynamic stretching before a workout involves controlled movement of major muscle groups – aim for five minutes of leg lifts, hip swings, leg lunges and kicks.

[Click here to watch a warm up video.](#)

Cool down

A decent cool down can help reduce muscle stiffness, flush out toxins and lactic acid, improve flexibility, and prevent injury. So, just as you warmed up with either a brisk walk or a gentle jog, do the same as part of your cooling down routine.

Static stretching

Do this at the end of your session to improve flexibility, re-establish a normal range of movement for your body and reduce the potential of any stiffness or soreness. Focus on your hamstrings, calves, IT bands, hips and quads with a single still stretch to elongate the muscle for at least 30 seconds.

Consume post-exercise fuel

Or, food as you probably call it. Post-exercise nutrition restores muscle and liver glycogen stores, improves hydration and repairs muscle tissue. You should eat 15 to 30 minutes after exercise, when your muscles are most receptive to fuel, and combine a good balance of carbohydrates and protein.

Cross training

Whether you're an experienced runner or a complete beginner, you can benefit from cross-training. Cross-training involves incorporating other kinds of workout into your training schedule to supplement your running. This includes strength training, flexibility training, and endurance training.

As well as adding variety into your training programme, cross-training can have great benefits for your running health, fitness, and performance.

Benefits of cross-training

1. Injury prevention

Activities such as swimming, cycling and Pilates are a great way to build up muscle strength and muscle balance, which can help to prevent injuries sometimes caused by running.

2. Increase your fitness level

Cross-training allows you to improve your cardiovascular fitness level, increasing your power and endurance.

3. Speed up recovery

Use cross-training as an active recovery workout between high intensity runs. It can also help you to maintain your fitness if certain injuries do temporarily prevent you from following your normal running routine.

Shelter

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Training plans

All of the plans are based around a five-day training week. This will include three days of running and two days of cross training, ideally keeping the impact low on the non-running days. If you're an experienced runner and have been training regularly for the past six months, you may start the plan at week 16. If you're new to running, we recommend that you complete the full 24 weeks of training.

Which plan do I use?

You need to decide which plan is best for you. Ideally you will have a recent 5km, 10km or half marathon time to help you select the right programme.

	5k	10k	Half Marathon
Beginner	33 mins	1 hour 8 mins	2 hours 30 mins
Intermediate	26 mins	54 mins	2 hours
Advanced	19 mins	40 mins	1 hour 30 mins

Run one: interval training

Column one (Session) tells you about the distances and repetitions, column two (Pace) is the time you need to complete each rep in, and column three (Recovery) is the recovery time between each rep.

Run two: tempo training

This will typically be at a pace quicker than your marathon/half marathon speed. Column one (Distance) tells you the miles you need to run, with column two (Pace) being the time you need to run each mile in.

Run three: long run

The aim of this is to build up duration and then intensity so your body is ready for the distance on race day. Column one (Distance) tells you the miles you need to run, with column two (Pace) being the time you need to run each mile in.

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Beginner

Training plan	Run 1			Run 2		Run 3	
Week	Session (distance & reps)	Pace (time to complete each lap)	Recovery (time between each lap)	Distance (miles)	Pace (time to complete each mile)	Distance (miles)	Pace (time to complete each mile)
1	400m x 8	2.27	2 mins	2	11.12	3	11.59
2	600m x 5	3.41	2 mins	2	10.57	3	11.59
3	800m x 4	4.55	2 mins	2	10.57	4	12.09
4	1200m x 2	7.3	2 mins	3	11.2	5	11.59
5	1000m x 3	6.13	2 mins	3	10.57	5	12.09
6	1600m x 2	10.09	2 mins	4	10.57	5	11.59
7	400m x 10	2.27	1.30 mins	4	10.42	4	11.59
8	600m x 7	3.41	1 min	3	10.57	6	12.09
9	800m x 6	4.55	1.30 mins	3	10.42	6	11.59
10	1200m x 3	7.3	2 mins	5	10.57	8	12.09
11	1000m x 4	6.13	2 mins	3	10.42	8	11.59
12	1600m x 3	10.09	1 min	6	11.12	9	11.59
13	1200m x 4	7.3	2 mins	2 + 2	10.42	10	12.09
14	800m x 6	4.55	1.30 mins	5	10.57	10	11.59
15	400m x 12	2.27	1.30 mins	2 + 2	10.42	7	11.39
16	2000m x 3	12.46	3 mins	5	10.57	11	11.59
17	1000m x 5	6.13	2 mins	6	10.57	10	11.39
18	1200m x 5	7.3	2 mins	5	10.57	12	11.59
19	1600m x 3	10.09	1 min	6	11.12	10	11.39
20	400m x 10	2.27	1 min	5	10.57	13	12.09
21	2000m x 3	12.46	2 mins	2 + 2	10.57	10	11.39
22	1600m x 3	10.09	1 mn	5	10.57	11	11.59
23	1000m x 5	6.13	2 mins	3	10.42	8	11.39
24	400m x 6	2.27	2 mins	3	11.12	15	11.39

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Intermediate

Training plan	Run 1			Run 2		Run 3	
Week	Session (distance & reps)	Pace (time to complete each lap)	Recovery (time between each lap)	Distance (miles)	Pace (time to complete each mile)	Distance (miles)	Pace (time to complete each mile)
1	400m x 8	1.55	2 mins	2	9.06	3	9.36
2	600m x 5	2.54	2 mins	2	8.51	3	9.36
3	800m x 4	3.53	2 mins	2	8.51	4	9.46
4	1200m x 2	5.56	2 mins	3	9.06	4	9.36
5	1000m x 3	4.54	2 mins	3	8.51	5	9.46
6	1600m x 2	8.03	2 mins	4	8.51	5	9.36
7	400m x 10	1.55	1.30 mins	4	8.36	4	9.36
8	600m x 7	2.54	1 min	3	8.51	6	9.46
9	800m x 6	3.53	1.30 mins	3	8.36	6	9.36
10	1200m x 3	5.56	2 mins	5	8.51	8	9.46
11	1000m x 4	4.54	2 mins	3	8.36	8	9.36
12	1600m x 3	8.03	1 min	6	9.06	9	9.46
13	1200m x 4	5.56	2 mins	2 + 2	8.36	9	9.36
14	800m x 6	3.53	1.30 mins	5	8.51	10	9.46
15	400m x 12	1.55	1.30 mins	2 + 2	8.36	10	9.36
16	2000m x 3	10.09	3 mins	5	8.51	7	9.16
17	1000m x 5	4.54	2 mins	6	8.51	11	9.36
18	1200m x 5	5.56	2 mins	5	8.51	10	9.36
19	1600m x 3	8.03	1 min	6	9.06	12	9.36
20	400m x 10	1.55	1 min	5	8.51	13	9.46
21	2000m x 3	10.09	2 mins	2 + 2	8.51	10	9.16
22	1600m x 3	8.03	1 min	5	8.51	11	9.36
23	1000m x 5	4.54	2 mins	3	8.36	8	9.16
24	400m x 6	1.55	2 mins	3	9.06	15	9.16

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Advanced

Training plan	Run 1			Run 2		Run 3	
Week	Session (distance & reps)	Pace (time to complete each lap)	Recovery (time between each lap)	Distance (miles)	Pace (time to complete each mile)	Distance (miles)	Pace (time to complete each mile)
1	400m x 8	1.23	2 mins	2	7	4	7.23
2	600m x 5	2.07	2 mins	2	6.45	4	7.13
3	800m x 4	2.51	2 mins	2	6.45	5	7.23
4	1200m x 2	4.22	2 mins	3	7	5	7.13
5	1000m x 3	3.35	2 mins	3	6.45	6	7.23
6	1600m x 2	5.57	2 mins	4	6.45	6	7.13
7	400m x 10	1.23	1.30 mins	4	6.3	8	7.13
8	600m x 7	2.07	1 min	3	6.45	9	7.13
9	800m x 6	2.51	1.30 mins	3	6.3	10	7.23
10	1200m x 3	4.22	2 mins	5	6.45	9	7.13
11	1000m x 4	3.35	2 mins	3	6.3	9	7.13
12	1600m x 3	5.57	1 min	6	7	11	7.23
13	1200m x 4	4.22	2 mins	2 + 2	6.3	10	7.13
14	800m x 6	2.51	1.30 mins	5	6.45	12	7.23
15	400m x 12	1.23	1.30 mins	2 + 2	6.3	8	7.13
16	2000m x 3	7.32	3 mins	5	6.45	13	7.23
17	1000m x 5	3.35	2 mins	6	6.45	10	7.13
18	1200m x 5	4.22	2 mins	5	6.45	14	7.23
19	1600m x 3	5.57	1 min	6	7	10	7.13
20	400m x 10	1.23	1 min	5	6.45	15	7.23
21	2000m x 3	7.32	2 mins	2 + 2	6.45	10	6.53
22	1600m x 3	5.57	1 min	5	6.45	12	7.13
23	1000m x 5	3.35	2 mins	3	6.3	8	6.53
24	400m x 6	1.23	2 mins	3	7	15	6.53