

**50  
MILES**

# 12 Gins of Christmas

**2021**

**50  
MILES**

## Wednesday 1st

Warming up

Jog for 1 mile, taking note of the route, then do some dynamic stretches before running mile 2 mile at your usual 10k pace, then mile 3 at 5k pace.

Gentle jog for 1 mile as your cool down.

**4 miles in the bag**

## Thursday 2nd

Need for speed

1 mile warm up, then do some dynamic stretches and run the mile again, attempting 5 speed bursts of 1 minute each, followed by gentle jogs of 30 seconds.

Gentle jog for 1 mile as your cool down.

**7 miles in the bag**

## Friday 3rd

Tempo

Warm up for mile 1. Dynamic stretches.

Then run a 10k tempo run.

Run each of the next 6 miles at your usual half marathon pace

Jog your cool down, then stretch.

**14 miles in the bag**

## Saturday 4th

A walk with a view

4 miles walk. Find a festive view and share it in the Secret London Runs Connect Group.

**18 miles in the bag**

## Sunday 5th

Weekend Walk

Aim for a 3-mile recovery run.

**21 miles in the bag**

## Monday 6th

Over half way!

Run/walk a gentle 6 miles.

**27 miles in the bag**

## Tuesday 7th

Rest day

Stretch/yoga/pilates session as well as a flat and gentle walk of 3 miles.

**30 miles in the bag**

## Friday 8th

Need for speed

Walk briskly for 1 mile, then do some dynamic stretches before running. Over the next 2 miles, attempt to pick up the pace for 30 seconds at a time, with jogging recoveries - you decide how many you can do.

Gentle jog for 1 mile as your cool down.

**34 miles in the bag**

## Thursday 9th

Go the distance

An 8 mile long slow run. For this run, try to find an interesting off-road route.

Picking your way across technical terrain is a good core work out as well as a cardio-vascular challenge.

**42 miles in the bag**

## Friday 10th

Get strong

A 3 mile walk (about 4000 steps).

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

**45 miles in the bag**

## Saturday 11th

Rest day

Stretch/yoga/pilates session. 1 mile walk.

**46 miles in the bag.**

## Sunday 12th

Grand finale

Grab your most festive outfit and run hard for 3 miles.

**50 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.**

