Let's

get training!

A guide to setting up your training plan

- Find the best training plan for you and work out how many weeks you need.
- Print off pages 2 and 4, and as many of page 3 as you like. You can also cut page 3 in half to get the right number of weeks.
- Fill in your event name and date and stick your plan on the wall or fridge.
- **O4** Write in your training plan don't forget your goals!
- Tick off each day for a big sense of achievement and share your progress on social media using the hashtag **#TeamAN** ask for sponsorship too!



Here's an example page...

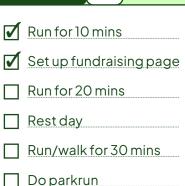
Give yourself achievable goals

My goals

Get a personal
best time
fundraising target
☆ Enjoy it!
✓ You've got this!

Week

☐ Rest day



Write your 7-day training plan here - don't forget rest days!

...Ready?

You've got the power

Event name		Week	Week
Event date			
My goals	Week	Week	Week
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☐ You've got this!

You've got it in you

Week Week Week Week

Train to change a life

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You're amazing, just like stem cells

Week

Week

W	eek

W	eek

Stay strong - you've got this!

Week	Week	

The Big Day

☐ Smashed it!

You're amazing. And your determination to keep going will help us keep saving lives through stem cells.

Thank you.