

### Key components of training

- **Endurance** – regardless on your ability level focus on improving and gradually increasing your running distance.
- **Strength** – incorporating exercises that strengthen your core, legs, and upper body and vital in becoming a stronger runner.
- **Familiarization** – practice in likewise environments and routes. Get familiar with running in wet and muddy areas, the more familiar you are with the terrain the easier you will find the event overall.
- **Recovery** – include stretching and rest days into your schedule to decrease the chance of injury.

### Clothing recommendations

- **Footwear** – proper fitting running trainers preferably trail running trainers or boots which are broken in and you are comfortable running in.
- **Clothing** – moisture wicking t-shirts, shorts and or leggings to help with the mud and puddles. Weather appropriate lightweight top layer, gloves and hat.
- **Accessories** – watch whether that be GPS or regular to monitor your own progress and time.

### Diet recommendations

- **Hydration** – drink plenty of water throughout the day, aim to regularly drink 3-4 litres throughout the day and more on days when you are training.
- **Daily nutrition** – aim for a balanced diet including fruits, vegetables, whole grains, proteins and healthy fats.

### Additional tips

- **Listen to your body** – rest if you are feeling fatigued or experiencing pain.
- **Warm up and cooldown** – aim to warm up before exercise and cool down post exercise to decrease the chance of injury or fatigue.
- **Adjustments** – this programme is only a recommendation and can be changed and altered as you see fit, if you are finding it too easy by all means increase distance or speed, likewise if finding the sessions to challenging modify them to your individual requirements and performance levels.

## Suggested Training Plan for Roman Rampage

<b>WEEK 1</b>	<b>BEGINNER</b>
<b>MONDAY</b>	2-mile easy run
<b>TUESDAY</b>	Rest
<b>WEDNESDAY</b>	30-minute body weight circuit exercises
<b>THURSDAY</b>	2.5-mile easy run
<b>FRIDAY</b>	Rest
<b>SATURDAY</b>	1.5-mile walk/ jog (Weight optional)
<b>SUNDAY</b>	Rest

<b>WEEK 2</b>	<b>BEGINNER</b>
<b>MONDAY</b>	2.5-mile easy run
<b>TUESDAY</b>	Rest
<b>WEDNESDAY</b>	30-minute body weight circuit exercises
<b>THURSDAY</b>	Rest
<b>FRIDAY</b>	3-mile easy run
<b>SATURDAY</b>	2-mile walk/jog (weight optional)
<b>SUNDAY</b>	Rest

<b>WEEK 3</b>	<b>BEGINNER</b>
<b>MONDAY</b>	3-mile easy run
<b>TUESDAY</b>	rest
<b>WEDNESDAY</b>	40-minute body weight circuit
<b>THURSDAY</b>	rest
<b>FRIDAY</b>	3.5-mile easy run
<b>SATURDAY</b>	2.5-mile walk/jog (weight optional)
<b>SUNDAY</b>	rest

<b>WEEK 4</b>	<b>BEGINNER</b>
<b>MONDAY</b>	2.5-mile easy run
<b>TUESDAY</b>	rest
<b>WEDNESDAY</b>	30 minutes of light exercises and stretches
<b>THURSDAY</b>	rest
<b>FRIDAY</b>	2-mile easy run
<b>SATURDAY</b>	30-minute walk
<b>SUNDAY</b>	rest

**Example** – fit your own programme around what you can do in your own time and what facilities you are able to use, change rest days around to best suit yourselves and listen to your body.