



# RUN BRAVE

RUN BRAVE is a 21 Day Challenge that combines Pilates, Yoga and Fascia Release to build strength, increase your mobility, improve your alignment and correct muscle imbalances. It's also a call to action to get moving off the mat too!

The calendar has been specifically curated to compliment your running, but your finish line is yours to define. Whether you're a serious runner, new to running, pre-natal, post-natal or a walker, we want you to set your own goal. However, if you do want help with your runs, we've suggested a plan for you to follow that's under the calendar!

## **How to use this calendar:**

1. Print off the calendar *(on the next page)*
2. Write your goal at the top of the calendar - *this could be to run 5km, to walk every morning, to run 10K in under 45 mins, it's totally up to you!*
3. Add in your runs (or jogs/sprints/walks!) - *there's space on each day to add your off-mat movement, which doesn't mean you must run each day! We just wanted to give you the flexibility to write your own plan!*
4. Stick it to your wall
5. Tick off the workouts as you go!

## **Join our Friday runs!**

Every Friday morning, Milly will host a LIVE pre-run stretch at 7am. Whether you join live or you tune in later, we'd love you to then get outside and tag us in your runs!

I'm so excited your joining us to get moving outside and RUN BRAVE this month! WE'VE GOT THIS!

Lou xxx

# RUN BRAVE

I'm committing to this 21 Day LIVE BRAVE challenge and to not just moving courageously on the mat but off the mat too! ***I define my finish line as:***

.....

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/> Runners Assessment <input type="checkbox"/> 30 Min Hip & Trunk Strength & Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 12 Min Runners Activation with Step <input type="checkbox"/> 13 Min Hip Flexor Strength and Length <input type="checkbox"/> _____	<input type="checkbox"/> 24 Min Ab Strength & Core Control <input type="checkbox"/> _____	<input type="checkbox"/> 17 Min Posterior Chain Activation & Alignment <input type="checkbox"/> _____	<input type="checkbox"/> 10 Min Pre-Run Yoga Warm-Up with Milly <input type="checkbox"/> 11 Min Hip Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 22 Min Tension Release in the Spine <input type="checkbox"/> _____	<input type="checkbox"/> 28 Min Fascia Release for Hips, Glutes & Knees <input type="checkbox"/> _____
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/> 20 Min Power & Precision <input type="checkbox"/> _____	<input type="checkbox"/> 27 Min Full Body Strength & Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 14 Mins Mini Legs and Glutes <input type="checkbox"/> _____	<input type="checkbox"/> 17 Mins Pelvic Stability & Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 10 Min Pre-Run Yoga Warm-Up with Milly <input type="checkbox"/> 11 Min Hip Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 15 Min Mini Abs & Posture <input type="checkbox"/> 14 Min Mini Calf Strength & Length <input type="checkbox"/> _____	<input type="checkbox"/> 20 Min Fascia Release for Lower Back <input type="checkbox"/> _____
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/> 23 Min Deep Core Strength <input type="checkbox"/> _____	<input type="checkbox"/> 25 Min Activate, Control, Repeat <input type="checkbox"/> _____	<input type="checkbox"/> 33 Min Full Body Activation <input type="checkbox"/> _____	<input type="checkbox"/> 20 Min Leg Alignment & Power <input type="checkbox"/> _____	<input type="checkbox"/> 10 Min Pre-Run Yoga Warm-Up with Milly <input type="checkbox"/> 11 Min Hip Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 18 Min Flexibility & Mobility <input type="checkbox"/> _____	<input type="checkbox"/> 22 Min Fascia Release for the Calves, Quads & Hamstrings <input type="checkbox"/> _____

***I'm strong, I'm confident, I'm brave & I can do this!!!***

# RUN BRAVE

OPTIONAL RUNNING SESSIONS TO FOLLOW

<p style="text-align: center;"><b>MONDAY</b></p>	<p style="text-align: center;"><b>WEDNESDAY</b></p>	<p style="text-align: center;"><b>FRIDAY</b></p>
<p style="text-align: center;">PROGRESSIVE RUN</p> <p>5 mins at 3/10 effort; increase pace gradually every 5mins starting at an effort level of 5/10 and finishing at 7/10; 5min cool down at 5/10 effort.</p>	<p style="text-align: center;">INTERVAL RUNS</p> <p>5-10min warm-up at 3/10 effort; alternate between 1-minute 8/10 effort and 2 mins at 4/10 effort – repeat for a total of 15-20mins.</p>	<p style="text-align: center;">PYRAMID INTERVALS</p> <p>5 mins at 3/10 effort; run intervals of increasing then decreasing duration; 1min, 2mins, 3mins, 4mins, 5mins, and back down at an effort level of 7/10 and 4/10 for the rest.</p>
<p style="text-align: center;"><b>MONDAY</b></p>	<p style="text-align: center;"><b>WEDNESDAY</b></p>	<p style="text-align: center;"><b>FRIDAY</b></p>
<p style="text-align: center;">HILL REPEATS</p> <p>5 mins at 3/10 effort; 30s moderate incline hill sprint at 9/10 effort; then walk or jog back down recovery for 1min; repeat cycle for 10-15mins.</p>	<p style="text-align: center;">SPEED PLAY RUN</p> <p>5mins at 3/10 effort; alternate between 5mins at 7/10 effort and 4/10 effort for 20-40mins depending on preferred time and distance.</p>	<p style="text-align: center;">STEADY STATE RUN</p> <p>5 mins at 3/10 effort; consistent pace for 20-35mins at 6/10 effort.</p>
<p style="text-align: center;"><b>MONDAY</b></p>	<p style="text-align: center;"><b>WEDNESDAY</b></p>	<p style="text-align: center;"><b>FRIDAY</b></p>
<p style="text-align: center;">TEMPO INTERVAL RUN</p> <p>5 mins at 3/10 effort; 30s moderate incline hill sprint at 9/10 effort; then walk or jog back down recovery for 1min; repeat cycle for 10-15mins.</p>	<p style="text-align: center;">LONGER RUN</p> <p>Run at a comfortable pace of 5-6/10 effort, maintain a conversational pace, and focus on your running form.</p>	<p style="text-align: center;">SPEED BURSTS</p> <p>Run at a comfortable pace of 5-6/10 effort, maintain a conversational pace, and focus on your running form.</p>