



8 weeks Progressive Running
Programme for Mimosa Runners
Couch to Cannes

RELAIS 1 »	8.7 km	Nice > Saint Laurent du Var
RELAIS 2 »	3.0 km	Saint Laurent du Var > Cagnes sur mer
RELAIS 3 »	5,1 km	Cagnes sur mer > Villeneuve Loubet
RELAIS 4 »	8.5 km	Villeneuve Loubet > Juan les Pins
RELAIS 5 »	10.8 km	Juan les Pins > Golfe Juan
RELAIS 6 »	6.0 km	Golfe Juan > Cannes



Mimosa Runners can run 1, 2 or 3 legs or do the half and full marathon.

Example of team based on 3 runners:

RELAIS 1 »	8.7 km	Nice > Saint Laurent du Var
RELAIS 2 »	16.6 km	Saint Laurent du Var > Juan les Pins
RELAIS 3 »	16.9 km	Juan les Pins > Cannes

If you are looking for a team to run with, please contact Mimosa Matters and join one of our Mimosa teams!

These programmes are designed to help you with your training for the leg you will be running on the 5th of November. Ideally you will try to train twice a week (RUN 1, RUN 2) with at least one rest day between the training days. Try to do Run 2 at the weekend. One session will be based on Interval Training.

RUN 1: Interval / sprint session – We will offer 2 training sessions.

RUN 2: Longer run

For more advanced runners or people who are keen to do more we would recommend adding a 3rd run which will be a medium distance run.

If you feel you would like a more personalised running programme, please do not hesitate to contact us. We would be more than happy to help.

Remember running is a great way to get fit, feel better and even form relationships with other runners. Starting a new running habit doesn't have to be hard - all it takes is a comfortable pair of shoes and a willingness to move a LITTLE, or a LOT, all at your own pace. GO TEAM!

You have plenty of time to train. If you are new to running, do not to worry about speed. Just take one step, then the next, and you are running.

Remember that there is no competition. Being part of the MIMOSA marathon team should be fun and such a great experience. **Go Team GO!**

Regardless which programme you are following or run you are doing, you don't have to do your runs on specific days, however, you should try not to run two days in a row. On the rest day, rest or do another activity you enjoy such as walking, biking, Pilates, yoga, stretching strength training.

During the training period, FunFit4Life will offer one complimentary session per week for all new Mimosa Runners. We have small group sessions in Valbonne village @8.30am on Monday, Wednesday, Friday and Saturday and one in Mougins on Friday at 8.45am at Etang de Font Merle. Contact us for more information.

Remember to warm up and cool down!

Each session should begin with a warm-up and end with a cool-down (5-10 minutes). Warming-up is important to prepare your body for exercise and cooling-down allows the body to gradually return the heart rate to normal.

RUN 1: Interval / sprint session

The interval training sessions interval running is a great way to improve cardiovascular health via shorter duration workouts, compared with traditional running.

	3km	5km - 6km	8-10km
Week 1	Run 30 sec / Walk 2 min. Repeat 3 to 4 times	Run 30 sec / walk 30 secs Repeat 4-8 times	Run 30 sec / walk 30 sec Repeat 4 times Rest 2 mins Repeat again from top
Week 2	Run 1 min / Walk 2.5 min Repeat 3 to 4 times	Run 1 min, walk 1 min Repeat 4-10 times	Run 1 min, walk 1 min Repeat 6-12 times
Week 3	Run 1,5 min Walk 2 min Repeat 3 to 4 times	Run 1 min, walk 30 seconds Repeat 5-10 times	Run 1 min, walk 30 seconds Repeat 8-12 times
Week 4	Run 2 min/ Walk 1.5 min Repeat 3 to 4 times	Run 400m rest 1.5 mins Repeat 4 –6 times	Run 400m rest 1.5 mins Repeat 6-8 times
Week 5	Run 2.5 min /Walk 1 min Repeat 3 to 4 times	Run 1km rest 2 mins Repeat 3 times	Run 1km rest 2 mins Repeat 3-4 times
Week 6	Run 3 min/ Walk 1.5 min Repeat 3 to 4 times	Run 100m rest 1 min Run 200m rest 2 min Run 300m rest 3 min Run 400m rest 4 mins	Run 100m rest 1 min Run 200m rest 2 min Run 300m rest 3 min Run 400m rest 4 mins
Week 7	Run 3 min/ Walk 1 min Repeat 3-4 times	Run 500m/walk 500m Repeat 3-5 times	Run 500m/walk 500m Repeat 5-8 times
Week 8	Run 30 sec Walk 30 sec Repeat 4-5 times	Run 30 sec Walk 30 sec Repeat 4-8 times	Run 30 sec Walk 30 sec Repeat 4-8 times

RUN 2: longer run

The long runs are designed to be run slowly and to build your endurance.

	3km	5 km - 6km	8 - 10km
Week 1	500m	1km - 2km	4 to 5km
Week 2	1km	2km - 3km	4.5km to 5.5km
Week 3	1,5km	3km to 4km	5.5km to 6.5km
Week 4	2km	4km to 5km	6km to 7km
Week 5	2,5km	4.5km to 5,5km	7km to 8 km
Week 6	3km	5km to 6km	8km to 10km
Week 7	1,5km	2,5km to 5km	4km to 5km
Week 8	marathon	marathon	marathon

Please remember if you cannot run the whole distance just run what you can and then walk the remainder of the distance.

Go MIMOSA Team GO!