
















# Run Happy & Healthy Plan

	Every Monday you'll be able to check out the theme for the week... 	How to beat the boredom/get it done this week... 	Podcast of the week 	Keep it going tip of the week 	Celebrate You 'Why I run' interview 	What was the highlight of your week? 	Chill out by watching a short film 
<b>DAY</b>	<b>MONDAY</b> – today is a rest day, so take some time to check out this week's theme and get ready to Celebrate You as you tackle your first session of the week tomorrow.	<b>TUESDAY</b> – your first run of the week will take place every Tuesday for the next 10 weeks. Each session will help you build up slowly so you're ready to complete the 10K distance 10 weeks from now. We've included a 'beat the boredom' (or how to get it done!) tip each week to help you get through today's session – and don't forget to tick off each session once you're done!	<b>WEDNESDAY</b> – it's a rest day, so take some time to listen to an inspiring podcast if you have a spare moment. Here are our favourite running and mental health podcasts to get you started...	<b>THURSDAY</b> – your second run of the week will take place every Thursday (except in week 10!), so we've put together some 'keep it going' tips to help you make it through each session...	<b>FRIDAY</b> – it's a rest day so take it easy and be inspired by our 'Why I run' interview series, featuring Celebrate You ambassadors, some of whom are regular runners just like you...	<b>SATURDAY</b> – after you finish your session today, celebrate completing your last run of the week by picking your highlight from the last seven days and sharing it with us on social media using the hashtag <b>#CelebrateYou</b>	<b>SUNDAY</b> – use your rest day to remind yourself what you have achieved this week. Take 10 minutes to check out a short film from one of our Celebrate You partners to support your Run Happy and Healthy journey...
<b>WEEK 1</b>	This week's theme, as you start your <b>Run Happy and Healthy Plan</b> , is simply to <b>get out of the front door</b> and show up for your three sessions...	A good way to ensure you get the first run of the plan under your belt is to make a date to do today's session with a friend. If you prefer to exercise alone, that's fine too – just make sure you tell a friend or colleague about your achievement after you've completed the session! <b>THE SESSION</b> Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins. <b>Total: 22 mins</b>	<b>MAD WORLD</b> Mental Health Mates founder Bryony Gordon has a series of intimate conversations about mental health during these unprecedented times, with guests ranging from household names to nurses on the frontline.	Try the 10-minute rule today; head out and if you feel like stopping after 10 minutes, that's fine, but chances are you'll want to keep going... <b>THE SESSION</b> Walk 5 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 2 mins, run 5 mins easy, walk 5 mins. <b>Total: 29 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 10 mins easy, walk 5 mins, run 10 mins easy, walk 5 mins. <b>Total: 30 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>REST IS KING</b> Your body will need time to rebuild and repair. Make sure to listen to your body and be flexible with your training. Vitality coaches Jamie and Jonny take you through a full body stretch routine which is great for after your workout or during a rest day. <a href="#">CLICK HERE</a>
<b>WEEK 2</b>	Take some time this week to get the basics right: food, alcohol and sleep can have an enormous impact on our mental and physical wellbeing, so take a look at what you eat, alcohol consumption and the amount of sleep you're getting and address any areas that might need attention.	Listen to your favourite podcast, or try a new one, during your first session this week. Listening to an audio book, podcast or music can help you to keep putting one foot in front of the other... <b>THE SESSION</b> Walk 5 mins, walk/run 8 mins, walk 2 mins, walk/run 8 mins, walk 5 mins. <b>Total: 28 mins</b>	<b>FEEL BETTER, LIVE MORE</b> Dr Rangan Chatterjee – one of the most influential GPs in the UK – hosts leading health experts and personalities who offer life hacks and advice, and debunk common health myths, giving you the tools to revolutionise how you eat, sleep, move and relax.	To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: Be kind to yourself – anything more than you would normally do is a bonus. <b>THE SESSION</b> Walk/run 10 mins, walk 2 mins. <b>Total: 24 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Walk 5 mins, walk/run (easy and continuously) 20 mins, walk 5 mins. <b>Total: 30 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>GETTING THE BASICS RIGHT</b> Join Vitality coaches Jamie and Jonny to learn the importance of rest and recovery and top tips on how to continue training injury free. <a href="#">CLICK HERE</a>
<b>WEEK 3</b>	Start the third week of your Run Happy and Healthy Plan by celebrating the small things that make you happy – this could be anything from making your bed, to putting on a nice outfit, to watching your favourite sitcom on TV... <b>MINDFUL MONDAYS</b>  Mindfulness practices can help us increase our ability to regulate emotions, as well as decrease stress, anxiety and depression. They can also help us focus our attention and observe our thoughts and feelings. As we become more present, it can help us to make better decisions, to manage our emotions, and to be fully engaged with what we're doing. Vitality invite you to join their Mindful Monday sessions, which start today (Monday 5 April) to help set you up for the week. <a href="#">CLICK HERE</a>	Experiment with your running playlist today by trying out different types of music to what you would usually listen to. You might be surprised what works for you! <b>THE SESSION</b> Walk 5 mins, walk/run 20 mins easy, walk 5 mins. <b>Total: 30 mins</b>	<b>RUN, SELFIE, REPEAT</b> Each week coach and creator of women's running community 'Badass Lady Gang' Kelly Roberts gives pep talks that'll motivate you to take that first step, set a goal, or laugh your way through the struggle – along with chat about life with a side of running.	A great way to ensure you get today's session done is to remove any barriers and 'friction' that might interfere with it. This could mean planning your session at a time when you know you'll be able to fit it in (like first thing in the morning when you might be more in control of your time) or putting your running kit on when you get dressed so you're ready to go as soon as your schedule allows... <b>THE SESSION</b> Run 5 mins easy; run for 1 min steady, walk 2 mins to recover, repeat 5 times; run 5 mins easy. <b>Total: 25 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Walk/run 30 mins easy. <b>Total: 30 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>CELEBRATE YOU CONTENT COMING SOON</b> Check back here in April for more details!
<b>WEEK 4</b>	This week, take a moment to celebrate getting through the first three weeks of your Run Happy and Healthy Plan. Feel good about your body becoming stronger and carrying you on this journey. <b>MINDFUL MONDAYS</b> 	Try to be more mindful during your three sessions this week. That could mean being present, focused and aware of your internal sensations and external surroundings as you complete the session today. <b>THE SESSION</b> Run 30 mins easy. <b>Total: 30 mins</b>	<b>REASONS TO STAY ALIVE</b> Be inspired by the true story of how novelist and journalist Matt Haig came through crisis, triumphed over an illness that almost destroyed him, and learned to live again.	After you finish your second session this week, celebrate your achievement by giving yourself a reward, like a long soak in the bath – make sure it's something that helps towards your 10K goal! <b>THE SESSION</b> Run 5 mins easy; run 2 mins steady, walk/jog recovery 2 mins, repeat 5 times; run 5 mins easy. <b>Total: 30 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 40 mins easy. <b>Total: 40 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>CELEBRATE GETTING THROUGH FIRST FOUR WEEKS</b> Vitality provide four tips to help you build successful habits to keep you focused on your journey to leading a healthier, happier lifestyle. <a href="#">CLICK HERE</a>
<b>WEEK 5</b>	You're almost halfway through your Run Happy and Healthy Plan, so it's time to think about 'finding your tribe' this week. That could mean setting up a small group of friends to exercise with, encouraging a family member to train with you, or joining a group like Mental Health Mates or This Mum Runs for a regular walk or run. <b>MINDFUL MONDAYS</b> 	Use your first run of the week to explore a new route, or use an app like GoJauntly for ideas on leafy local options you can try today. <b>THE SESSION</b> Run 30 mins easy. <b>Total: 30 mins</b>	<b>WOMEN'S RUNNING PODCAST</b> Every fortnight, the Women's Running team have a chat and a cuppa with an incredible woman from the world of running. From superstar pro runners to everyday plodders, each one has made a big difference to running – and women.	To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: Remember that physical activity releases feel-good hormones that make you feel better in yourself and release more energy. <b>THE SESSION</b> Run 5 mins easy; run 3 mins steady, walk/jog recovery 2 mins, repeat 5 times; run 5 mins easy. <b>Total: 35 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 25 mins easy, walk 3 mins, walk/run 25 mins continuously. <b>Total: 53 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>CELEBRATE YOU CONTENT COMING SOON</b> Check back here in April for more details!
<b>WEEK 6</b>	This week, let go of the things you can't control and focus on the things you can control. You can't control your train being late or that the world has been gripped by a pandemic, but you can control how you commit to this Run Happy and Healthy Plan, or how kind you are to yourself when a session doesn't go as you'd hoped. <b>MINDFUL MONDAYS</b> 	Raise money for charity – or at least make a plan to – while you exercise this week. Knowing that you are helping others by fundraising is a great way to stay motivated and keep up the momentum as you start the second half of the training plan. <b>THE SESSION</b> Run 35 mins easy. <b>Total: 35 mins</b>	<b>THE HILARIOUS WORLD OF DEPRESSION</b> A series of frank, moving and, yes, funny conversations with comedians who've dealt with depression – an incredibly common and isolating disease, yet one that is often stigmatised – hosted by veteran humourist and US radio host John Moe.	You've completed more than half of the training plan! Congratulate yourself! To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: Physical activity releases the hormone cortisol, which helps you to manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times. <b>THE SESSION</b> Run 10 mins easy; run 4 mins steady, walk/jog 1 min, repeat 5 times; run 10 mins easy. <b>Total: 45 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 30 mins easy, walk/run 30 mins continuously. <b>Total: 60 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>FOCUS ON THINGS YOU CAN CONTROL</b> Get in the zone. Good preparation is important, no matter what kind of runner you are. It also helps you focus on how you want your training run to go. Join Vitality coaches Jamie and Jonny and follow their warm-up exercises to help loosen you up, activate the muscles you use and get in the right frame of mind for your next run. <a href="#">CLICK HERE</a>
<b>WEEK 7</b>	In her book <i>No Such Thing As Normal</i> , Mental Health Mates founder Bryony Gordon reckons one of the best ways to get out of your own head for a bit is to do something for someone else. She quotes a friend as saying, "It's hard to feel useless when you are being useful." Keep this idea in mind this week and try to be useful in small ways whenever the opportunity arises. <b>MINDFUL MONDAYS</b> 	Give purpose to your activity this week by literally running errands or picking up any litter you see on your run. <b>THE SESSION</b> Run 35 mins easy. <b>Total: 35 mins</b>	<b>HAPPY PLACE</b> TV and radio presenter Fearnie Cotton talks to incredible people about life, love, loss, and everything in between as she reveals what happiness means to them – with the aim of bringing good, simple happiness to your every day.	To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: Physical activity releases the hormone cortisol, which helps you to manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times. <b>THE SESSION</b> Run 10 mins easy; run 5 mins steady, walk/jog 30 secs, repeat 6 times; run 10 mins easy. <b>Total: 53 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 40 mins continuously, walk/run 30 mins. <b>Total: 70 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>CELEBRATE YOU CONTENT COMING SOON</b> Check back here in April for more details!
<b>WEEK 8</b>	When you take up a new activity like running, chances are you'll feel a bit self-conscious, so if any worries creep in this week, take a moment to remind yourself that everyone has to start somewhere. Every step you take as part of your 10K journey is a step towards a happier and healthier you. <b>MINDFUL MONDAYS</b> 	Play a game with yourself during your session today. This could be anything from counting to 100 then starting again, to trying to identify the trees you run past, or counting the number of other runners you see today (and giving them a smile or nod). <b>THE SESSION</b> Run 40 mins easy. <b>Total: 40 mins</b>	<b>RUNNING COMMENTARY</b> Comedians Paul Tonkinson and Rob Deering talk about life, comedy and other worldly concerns – but mainly running. While running.	To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: Remind yourself that you can look forward to a great night's sleep tonight thanks to your training session tiring you out. <b>THE SESSION</b> Run 10 mins easy; run 6 mins steady, walk/jog 30 secs, repeat 6 times; run 10 mins easy. <b>Total: 59 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 70 mins continuously – it's OK to include short walk breaks! <b>Total: 70 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>CELEBRATE YOU CONTENT COMING SOON</b> Check back here in April for more details!
<b>WEEK 9</b>	You set a goal when you started the Run Happy and Healthy Plan and you're so close to completing it. Take some time this week to think about how working towards your goal has positively affected your self-esteem and, if you've enjoyed the Run Happy and Healthy Plan, you could even start to think about your next goal. (Although it's fine to take a break first!) <b>MINDFUL MONDAYS</b> 	Create a playlist of your favourite tracks to power your penultimate week of the Run Happy and Healthy Plan. <b>THE SESSION</b> Run 20 mins easy. <b>Total: 20 mins</b>	<b>POWER HOUR</b> What could you do if you dedicated one hour each day to improving your life? Host Adrienne Herbert explores this question by speaking to leading coaches, creatives, change-makers and innovators, finding out about their routines, habits, and rules to live by.	To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: If you miss a session – you may need to focus on other things for a while and come back to the plan when you're feeling better. <b>THE SESSION</b> Run 10 mins easy; run 10 mins steady, run 2 mins easy, repeat 3 times; run 10 mins easy. <b>Total: 56 mins</b>	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...	<b>THE SESSION</b> Run 50 mins easy. <b>Total: 50 mins</b>  Share your highlight of the week with us on social media using <b>#CelebrateYou</b>	<b>Vitality</b> <b>CELEBRATE YOU CONTENT COMING SOON</b> Check back here in April for more details!
<b>WEEK 10</b>	Celebrate your amazing journey so far as you get set to take on the Vitality London 10,000 a week today at the central London event or any time from 29 May until 6 June if you're doing the virtual Vitality London 10,000. You have come such a long way in 10 weeks! <b>MINDFUL MONDAYS</b> 	Think about how far you have come today as you take on the first training session of the final week of the plan. Celebrate You and your amazing achievement in reaching this point – and celebrate any friends and family who have supported you in your Run Happy and Healthy journey. <b>THE SESSION</b> Run 30 mins easy. <b>Total: 30 mins</b>	<b>10% HAPPIER</b> Dan Harris is an ABC News anchor who had a panic attack on live TV that led him to try meditation. In this podcast, Dan explores happiness from all angles, with guests ranging from the Dalai Lama to scientists, and even the odd celebrity.	<b>Every week we'll deliver an inspiring Q&amp;A with one of our amazing Celebrate You ambassadors straight to your inbox!</b>  Look out for your Vitality London 10,000 newsletter every Wednesday for details of the interview and more...  (Please note that the second session in the final week of the plan happens tomorrow – so enjoy this extra day of rest!)	To help you to keep going during your second session of the week, check out this tip from the experts at Mind*: If, as you approach the end of this training programme, you feel that running isn't the activity for you, that's fine! We're all different and different things will help us to feel better. Keep looking for an activity that works for you and congratulate yourself on completing your Run Happy and Healthy Plan. <b>THE SESSION</b> Run 20 mins easy. <b>Total: 20 mins</b>	<b>Event Week starts today! Are you ready? You can take on your 10K at any time from now until next Sunday, 6 June.</b>  We hope you've enjoyed the last 10 weeks – thinking back, what's been your top highlight from your Run Happy and Healthy Plan? Or perhaps you have tips or advice for other runners? We'd love to hear about it, so please share your experience on social media using <b>#CelebrateYou</b>	If you haven't done your 10K yet, you could try 10 to 15 minutes of light jogging on this last day of the plan. Or just put your feet up and plan your run – you've earned it! The main thing is, wherever you're running your 10K, don't forget to <b>#CelebrateYou</b>  <b>YOU ARE AWESOME!</b>