

WOLF RUN
WARM UP IN THE WILD

WOLF RUN 5K
TRAINING PLAN

SAY HELLO TO THE WOLF RUN

1 WHAT IS A WOLF RUN?

The Wolf Run is an off-road running course that's equal parts thrilling and downright fun. Navigate a mix of man-made and natural obstacles, whether you're conquering them with your Wolf Pack or embracing the challenge as a lone wolf, you're guaranteed a muddy good time.

2 WHAT ARE THE BENEFITS?

The physical and mental benefits of a Wolf Run are unmatched. To put it simply, a Wolf Run is a sure-fire way to tone up those muscles, enhance your overall fitness and have fun while you're doing it. Not to mention the sense of achievement you'll feel after beasting an off-road 5K run in the great outdoors.

3 WHAT DO YOU NEED TO MASTER A 5K WOLF RUN?

Just like training for any run, you'll need to focus on your cardiovascular fitness and endurance; the only difference with a Wolf Run is that you'll also need the strength and agility to navigate the various obstacles thrown your way... and that's where our training plan comes in.



 WOLF RUN

WOLF RUN - 5K TRAINING PLAN

OUR PTS

We work with a number of roarsome PTs who have teamed up to create this expert 5K Wolf Run training plan. You can catch them giving demonstrations on how to execute some of the exercises on our socials.

WOLF RUN

1 WHAT IS THE 5K TRAINING PLAN?

Say hello to your fitness sidekick!

Our training plan isn't just a guide; it's your ticket to a healthier, fitter lifestyle.

With a blend of heart-pumping cardio and strength exercises, you'll be all set to tackle the unique challenges and obstacles of a 5K Wolf Run with a big smile on your face.

2 WHAT ARE THE BENEFITS TO THE PLAN?

Where do we start?

Embracing our 5K Wolf Run training plan is like having a friendly guide to help you on your fitness journey.

This plan will boost your overall health and help you build the strength you need to cross the finish line with ease at your next Wolf Run event.

Plus, it's your secret weapon to preventing overtraining, dodging injuries, and making sure you're all smiles as you conquer the great outdoors.

3 HOW LONG IS THE PLAN?

Embark on your training journey with our 10-week Wolf Run plan, designed for all fitness levels, where you can jump in at any time and start your adventure towards a healthier, stronger you.

THE PLAN BREAKDOWN

1 WHAT'S INVOLVED?

Your 5K plan combines exercises that will boost your running prowess, while sprinkling in some upper and lower body strength training. With three cardio and two strength training days each week, you're in for a well-rounded journey to a stronger, happier you.



3 WHAT DO I NEED TO GET STARTED?

We like to keep things simple. This plan combines running with bodyweight strength exercises, requiring only your favourite workout gear and a trusty pair of trainers—no extra equipment needed to kickstart your fitness journey.



2 HOW EXPERIENCED DO I NEED TO BE?

No running experience? No problem. This plan is tailor-made for beginners, ensuring a friendly and gradual introduction to the joys of conquering a Wolf Run and improving your overall fitness.



WOLF RUN

LET'S GET
WILD



WEEK 1, 2 & 3

Weeks 1, 2, and 3 are all about finding your feet and rhythm, getting comfy in your running shoes, and gradually building your stamina.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	RUN 1 minute slow jog 2 minute fast walk Do this x3	REST	STRENGTH SESSION 1	RUN 1 minute slow jog 2 minute fast walk Do this x3	REST	RUN 1 minute slow jog 2 minute fast walk Do this x3	STRENGTH SESSION 2
WEEK 2	REST	RUN 2 minute slow jog 1 minute fast walk Do this x3	STRENGTH SESSION 1	REST	RUN 2 minute slow jog 1 minute fast walk Do this x3	STRENGTH SESSION 2	REST
WEEK 3	RUN 3 minute slow jog 1 minute fast walk Do this x4	STRENGTH SESSION 3	REST	RUN 3 minute slow jog 1 minute fast walk Do this x4	REST	STRENGTH SESSION 4	RUN 3 minute slow jog 1 minute fast walk Do this x5

TIP
Start strong and slow. Tune into our socials for PT-led videos to help with your form.

CHALLENGE
Get your groove on! Choose a song and match the beat with your pace.

FACT
The average person gains 1.4KG of muscle when sticking to a 10-week fitness plan.

FINDING YOUR FEET

WEEK 4, 5 & 6

In Weeks 4, 5 and 6 we're cranking things up a notch, gradually increasing your running time while keeping those rest intervals in check. Your journey from a slow jog to a full-on run is in full swing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4	REST	RUN 10 minutes steady jog	STRENGTH SESSION 3	RUN 4 minute steady jog 1 minute fast walk Do this x4	REST	STRENGTH SESSION 4	RUN 15 minutes steady jog
WEEK 5	STRENGTH SESSION 1	REST	RUN 5 minute steady jog 1 minute fast walk Do this x4	STRENGTH SESSION 2	RUN 15 minutes steady jog	REST	RUN 5 minute steady jog 1 minute fast walk Do this x4
WEEK 6	STRENGTH SESSION 3	RUN 20 minutes steady jog	REST	RUN 20 minutes steady jog	STRENGTH SESSION 4	RUN 4 minute quick jog 2 minute steady jog Do this x5	REST

FACT

The average person walks the equivalent of three times around the world in their lifetime.

TIP

On rest days, hydrate, nourish your body, and catch those ZZZs for optimal recovery.

CHALLENGE

Mirror, mirror on the wall. Find a mirror and turn your strength training into a dance routine.

CRANK IT UP A NOTCH

WEEK 7, 8 & 9

Gear up for the challenge! In Weeks 7, 8, and 9, we're dialing up the resilience, preparing you for the diverse obstacles of a Wolf Run. Get ready for longer runs and faster sprints.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	STRENGTH SESSION 1	RUN 5 minute quick jog 2 minute steady jog Do this x5	RUN 20 minutes steady jog	REST	STRENGTH SESSION 2	RUN 30 minutes steady jog	REST
WEEK 8	RUN 1 minute fast run 2 minute jog 30 sec fast walk Do this x4	STRENGTH SESSION 3	REST	RUN 30 minutes steady jog	STRENGTH SESSION 4	REST	RUN 30 minutes steady jog
WEEK 9	RUN 1 minute fast run 1 min fast walk 3 minute jog Do this x4	STRENGTH SESSION 1	REST	RUN 35 minutes steady jog	STRENGTH SESSION 2	REST	RUN 1 minute fast run 1 min fast walk 3 minute jog Do this x4

TIP
 After each workout, incorporate gentle stretching to enhance flexibility and reduce soreness.

CHALLENGE
 During your 1 min runs, see how many Baby Sharks you can sing in your head. The average is 114.

FACT
 The longest recorded run was 350 miles in 80 hours.

WE'RE GOING UP A GEAR

WEEK 10 & EVENT DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10	RUN 40 minutes steady jog	REST	STRENGTH SESSION 3	REST	RUN 40 minutes steady jog	STRENGTH SESSION 4	REST

CHALLENGE

Grab a bunch of rolled-up socks, and spice up your sit-ups by shooting them into a basket with each rep.



FACT

The average wolf (the animal kind) can reach speeds of up to 35MPH!

EVENT DAY

TIP

Prep for triumph! The night before your run fuel up on carbs for energy, proteins, and veggies for a tasty boost.

Hooray! Your Wolf Run is finally here.

Remember to begin at a comfy pace, savouring every step, and save some energy for the thrilling obstacles ahead. Remind yourself of the strength you've built, both in body and spirit. Embrace the challenge with a smile, stay light on your toes, and soak it all in. You've got this—celebrate each stride of the incredible journey you've prepared for.

WOLF RUN

STRENGTH EXERCISES

STRENGTH SESSION 1

JUMPING JACKS

1 minute
30 secs rest
x5

LUNGES

10 each leg
x3

PRESS UPS

10 press ups
x3

PLANK

20 seconds
x3

STRENGTH SESSION 2

BURPEES

10 burpees
x3

SQUATS

10 squats
x3

STEP UPS

10 step ups
x3

CALF JUMPS

10 calf jumps
x3

TRICEP DIPS

10 tricep dips
x3

STRENGTH SESSION 3

STEP WALKS

x5

MOUNTAIN CLIMBERS

10 mountain climbers
x3

SIT UPS

10 sit ups
x3

TRICEP DIPS

10 tricep dips
x3

STRENGTH SESSION 4

SPRINT ON SPOT

sprint for 20 secs
rest for 10 secs
x5

BURPEES

10 burpees
x3

SQUATS

10 squats
x3

PRESS UPS

10 press ups
x3

CHECK OUT OUR SOCIALS

Click the icons below and follow us on our social channels for exclusive tips and videos straight from our PTs, guiding you through the correct form for your workouts.



WOLF RUN

GLOSSARY

Your trusty guide to understanding the Warm Up In The Wild 5K training plan lingo.

5K: A 5K race covering 5 kilometres in the distance, or approximately 3.1 miles.

REST DAY: A rest day is a crucial break in your workout routine, allowing your body to recover and recharge.

SETS: A set is the number of times you do a group of repetitive movements one after the other.

JUMPING JACKS: Start with your feet together and arms at your sides, then jump to a position with your legs spread apart and arms overhead. You then return to the starting position with another jump.

FORWARD LUNGES: A forward lunge is when you take a big step forward and bend down, keeping your front and back knees at opposing 90-degree angles. Touch the ground with your back knee, then push through your front foot to stand back up.

PRESS UPS: Press-ups, or push-ups, are when you go into a plank position and place your hands shoulder-width apart, parallel with your chest. Then, lower your chest to the floor in a lever-style motion and push your body back up. If you're unable to do a full press-up on your feet, then you can drop to your knees. Similarly, if you struggle with that you can do negative push-ups whereby you slowly lower yourself down for 3-5 seconds and once at the bottom reset yourself into the starting position and repeat.

PLANK: A plank is similar to the push up position. Whereby you are facing forward, lying on the floor but resting on your forearms and toes. The plank motion requires you to hold this position, keeping your back and body in a straight line.

BURPEE: Start your burpee in a standing position, put your feet shoulder width apart and drop into a squat position with your hands reaching toward the floor and your feet kicking back behind you so you're in a straight line (similar to your push-up position). Lower yourself towards the ground and then push back up and back into your standing position.

GLOSSARY

Your trusty guide to understanding the Warm Up In The Wild 5K training plan lingo.

STEP UPS: Step-ups are where you step up onto a raised surface, like a step or bench. Use one foot and push through the foot that's raised so you can feel the tension through that front leg. Bring the other foot up to meet it. Afterwards, step back down using one foot and then bring the other foot down so you're standing again.

SQUAT: A squat is like sitting down in an invisible chair, keeping your back straight and chest up. Stand with your feet shoulder-width apart, bend your knees, press your hips back and stop the movement when your hip joint is slightly lower than your knees. Press your heels into the floor to return to the standing position.

CALF JUMP: Keep your back straight and your core tight. Forcefully press off the ground with the balls of both feet. Launch into the air and land softly on the balls of your feet. Focus the tension in the calf muscles

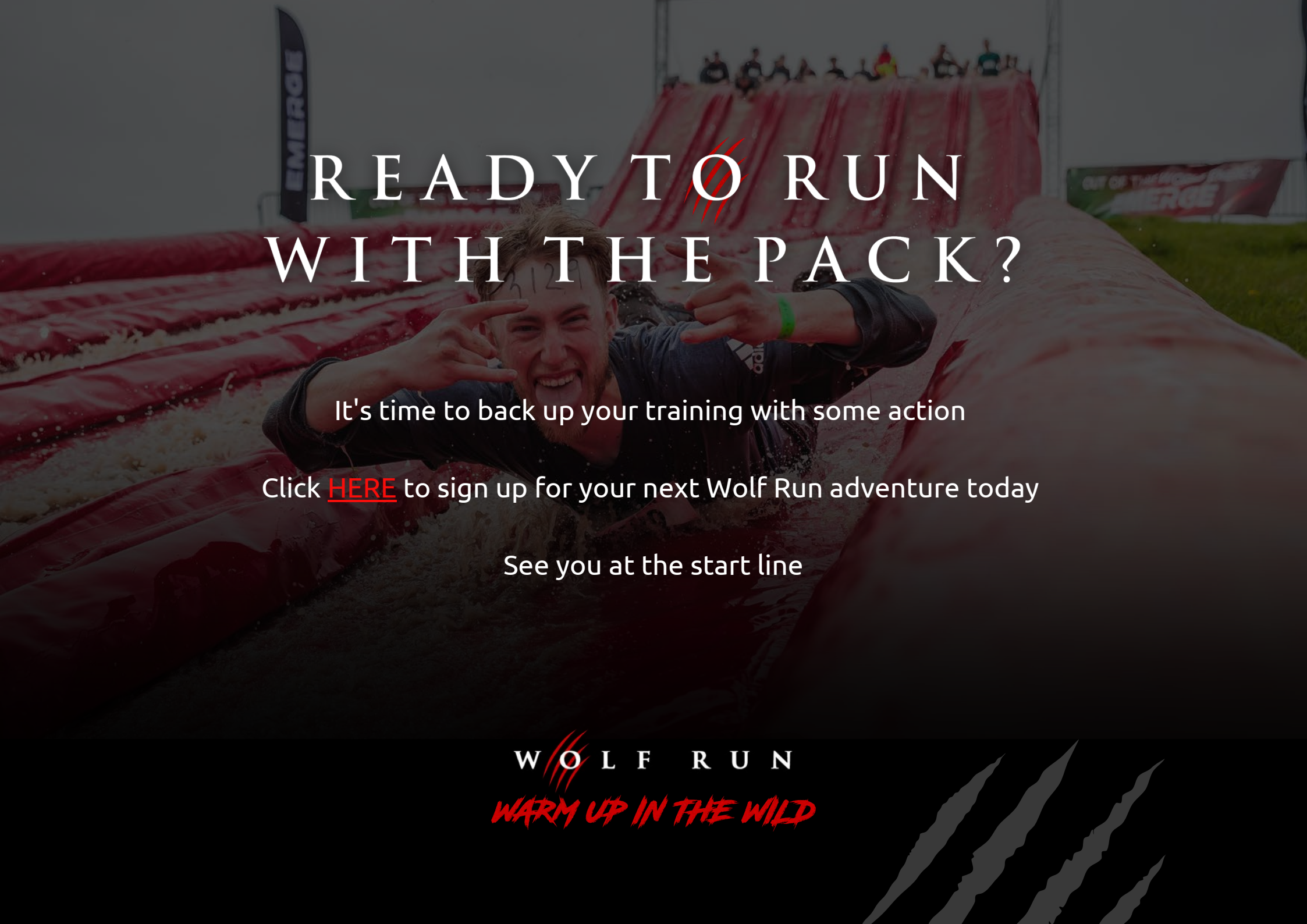
TRICEP DIP: Stand facing away from a bench, grab it with both hands at shoulder-width. Extend your legs out in front of you. Slowly lower your body by flexing at the elbows until your arm at forearm create a 90 degree angle. Using your triceps, lift yourself back to the starting position.

STEP WALK: A step walk is where you walk, jog or run up and down some steps or stairs for a period of time.

MOUNTAIN CLIMBER: A mountain climber is where you start in a plank position, engage your core and alternately bring your knees towards your chest and elbows in a "running" motion.

SIT UPS: Sit ups are a core exercise where you lie on your back, bend your knees, and lift your upper body towards your knees, keeping your core engaged to help pull you up and feet firmly planted on the floor.

WOLF RUN

A man with a beard and a green wristband is running through a sand pit, splashing sand. He is wearing a dark long-sleeved shirt and has the number '3123' on his forehead. In the background, there are red inflatable barriers, a black banner with the word 'EMERGE' in white, and a group of people sitting on a raised platform. The overall scene is outdoors and appears to be a triathlon or obstacle course event.

READY TO RUN WITH THE PACK?

It's time to back up your training with some action

Click [HERE](#) to sign up for your next Wolf Run adventure today

See you at the start line

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