

Wolf Run Junior – Training Plan

Junior Wolf Run 5 - Week Training Plan

This 5-week plan will get you event-ready for the Junior Wolf Run—whether you're tackling 3K or pushing for two loops to hit 6K! It's all about having fun, getting outdoors, and feeling strong on event day.

Each weekend, try these activities as a family or with your friends. There's a mix of running, strength, and adventure challenges to help build confidence, endurance, and agility—just like a real Wild Runner. ✅ 🐾

💡 **REMEMBER:** Wolf Run is all about fun, adventure, and teamwork. There's no pressure—just plenty of muddy memories waiting to be made!

Week 1-2: Get Moving & Build Strength

🏃 **Run:** 1 family run (10-20 mins) at an easy pace (or mix of walking and running) —try park runs, school fields, or local footpaths/trails.

💪 **Strength:** 3 rounds of 10 squats, 10 lunges, and 10 half-body push-ups.

🌲 **Adventure Challenge:** Balance on a fallen tree/log or set up a mini obstacle course in the garden to test your agility.

Week 3: Step It Up & Have Fun

🏃 **Run:** 2-3 runs (15-20 mins) with a mix of sprints and slow jogs.

💪 **Strength:** Try hanging exercises—find a sturdy bar or monkey bars and hang for 10-20 seconds to build grip strength.

🌲 **Adventure Challenge:** Run through a shallow stream or puddles—Wolf Runners don't fear the wet or mud!

Week 4: Get Event-Ready

🏃 **Run:** 2 runs (20-25 mins) on trails or uneven ground.

💪 **Strength:** Bear crawls, jumping squats, and core work (plank hold for 20-30 sec).

🌲 **Adventure Challenge:** Find a small hill and run up it 3 times—wolves are built for the wild!

Week 5: Wind Down & Get Excited!

 **Run:** 1-2 light runs (10-15 mins) to stay fresh.

 **Strength:** Stretching and mobility work to keep muscles loose.

 **Adventure Challenge:** Practice bear crawling under a picnic bench or low-hanging branches—this will help with obstacles!

 **Bonus:** Watch a past Junior Wolf Run video on you tube and check out some of the Junior obstacles on our website for extra motivation!

 **EXTRA CHALLENGE: Print this out and cross off each challenge as you complete it! Can you do it all before event day?** 🐾

Event Day Tips

- ✓ Wear clothes that can handle mud and water.
- ✓ Tie your shoes tightly so they don't get stuck in the mud.
- ✓ Stick with your teammates—Wolf Runners help each other!
- ✓ Have fun, push yourself, and celebrate at the finish line!