

MY TRAINING PLAN

TOP TIP:
Always listen
to your body

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Completed?
1								
2								
3								
4								
5								
6								

TOP TIP:
Warm up and cool down to
reduce your risk of injury



TOP TIP:
Remember your
rest days!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Completed?
7								
8								
9								
10								
11								
12								

TOP TIP:
Plan your route in advance!



TOP TIP:

Try and eat within 30 minutes of each training session

For more expert advice go to prostatecanceruk.org/fr-training or scan here for our Training Hub:

