

MY RUNNING JOURNAL

Use this template to plan your own training journey

In partnership with



runningwithus.com



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

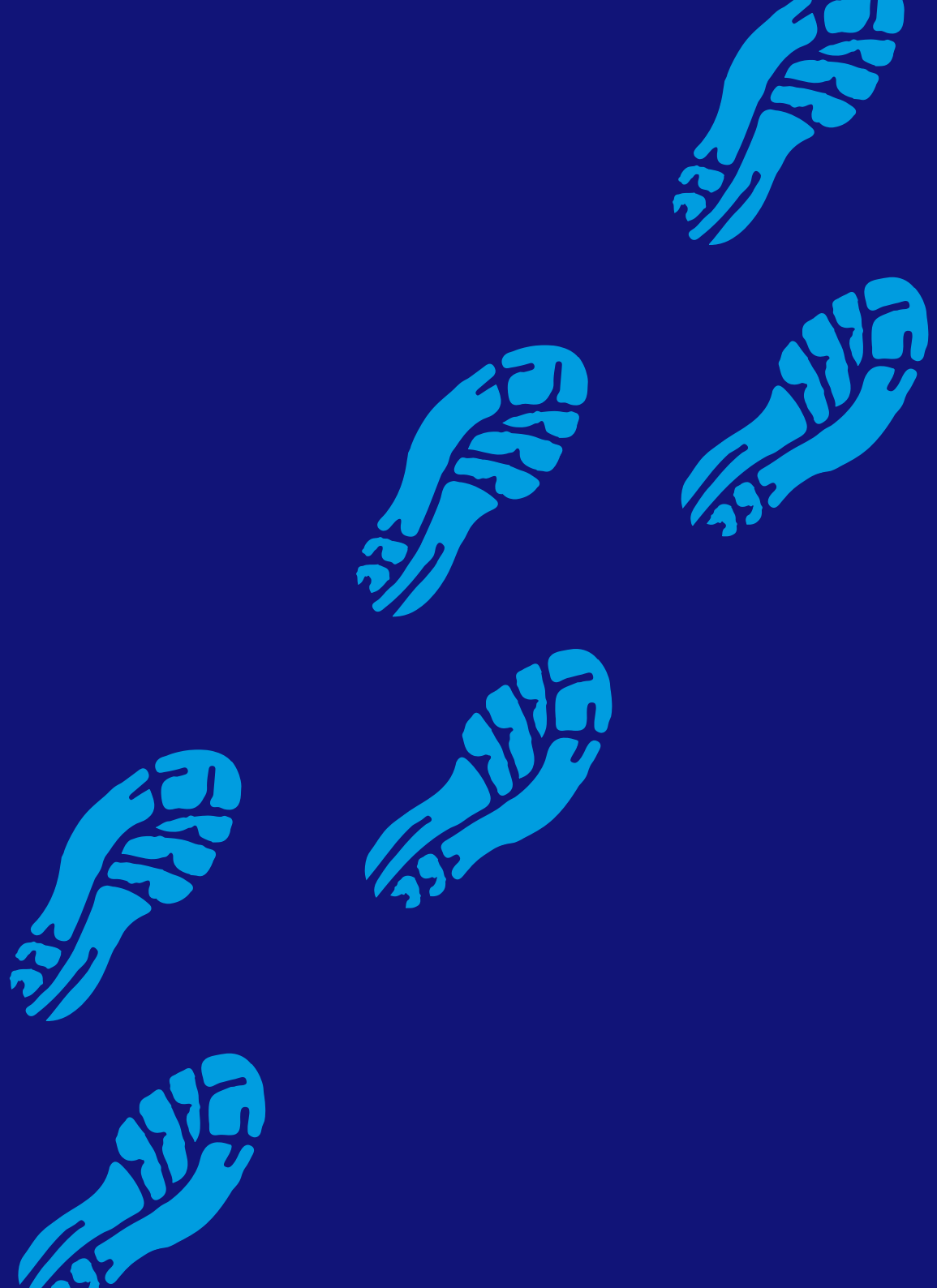
How to get started

Having a plan is a great way to stay motivated and keep yourself on track.

This running schedule is interactive. Simply download Adobe Acrobat and add your fundraising and distance targets to the white boxes by clicking on them. You can even change the days on the calendar so they line up with when you start your challenge.

Each daily box is then ready to be filled out, and it's up to you what you write down. Whether you schedule your runs, record how far you've gone, or simply tick off the days you've been running, nothing's more motivating than seeing how far you've come.

We strongly recommend taking rest days. Good luck!



My training plan

Use this template to plan your own training journey

Write down how you feel before and after a run

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

My training plan



Week 4							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

Week 5							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

Week 6							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

My training plan



Week 7							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

Week 8							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

Week 9							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	

My training plan

Good luck and be amazed at what your body can do

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

My activity journal

Take some time each week to record your journey and keep track of your successes for the next 12 weeks. This will help motivate you to keep making progress.

	Movements I'd like to try this week. For example: "I'm going for a run in the park."	What might get in the way? For example: "I might lack motivation."	How will I overcome what might get in the way? For example: "I'm going to ask someone I know to join me."	Movements I did. For example: "I ran for 30 minutes in the morning."	How did I feel afterwards? For example: "I'm proud I managed to go for a run."
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					

My activity journal

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Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

My mental wellbeing

Feeling mentally healthy means we feel positive, in control and able to cope in most everyday situations. There is a strong connection between our mental and physical health, and so taking small steps to begin to get healthier can really help your mental wellbeing.

We might be experiencing mental health problems if a lot of the time we feel nervous, anxious, stressed or depressed, or unable to cope with day-to-day things like deadlines, meetings or going shopping. It's not uncommon to feel like this, and there's lots of ways to get help, these include:

- Talking to loved ones
- Booking an appointment in with your GP to discuss the support available
- Or reaching out to mental health organisations, like **Mind.org.uk**

Mental wellbeing and diabetes

If you've got diabetes, then it's common for it to lead to anxiety and isolation or make you feel out of control. If you or a loved one with diabetes is feeling in need of support, our local support groups are a great way to share stories, and feel more connected to people who understand diabetes.

You can also talk to a trained counsellor on our helpline about whatever's on your mind, and our friendly online forum is always open for everyone.



MIND.ORG.UK

**[Diabetes.org.uk/how_we_help/community/diabetes-support-forum](https://diabetes.org.uk/how_we_help/community/diabetes-support-forum)
[Diabetes.org.uk/how_we_help/helpline](https://diabetes.org.uk/how_we_help/helpline)
0345 123 2399**

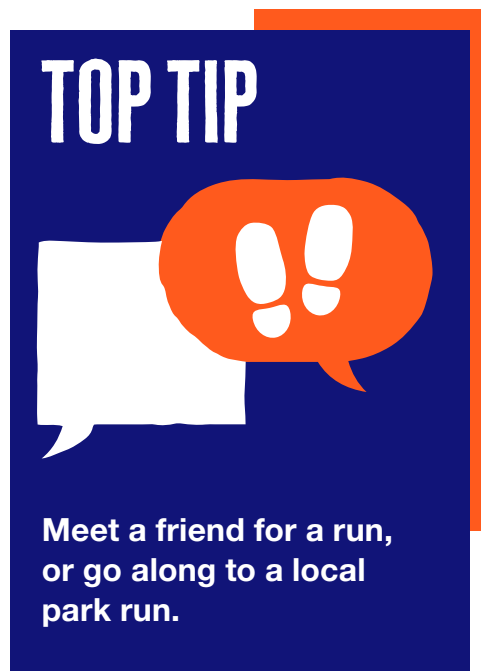
Your community

By taking part in a run you're part of a powerful, positive and passionate community.

Being part of a community, and not feeling isolated, is known to help with positive mental health. When we feel like we're connected to other people, it can be good for how we feel about ourselves and our emotional wellbeing.

You're joining others dedicated to supporting people with diabetes and raising money for a world where diabetes can do no harm. Evidence shows acts of kindness can be good for your mental health. By doing good, you'll start to feel good.

And through our local support groups and online forum, we're helping people affected by diabetes feel less isolated, more supported and grow in confidence. These are great ways to find people to talk to, learn to live better with diabetes and build new friendships.



[Facebook.com/groups/490560901053879](https://www.facebook.com/groups/490560901053879) – London Marathon
[Facebook.com/groups/247055649311634](https://www.facebook.com/groups/247055649311634) – Running Heroes

Share your story

Get your community on board with your wellness journey and inspire them with what has motivated you to take part.

Share your story:

- You could share it on your JustGiving page
- Share it on social media
- Maybe in a WhatsApp group with friends and family

Don't forget to use **#TeamDUK** and **@DiabetesUK** in your posts.



Whatever feels comfortable for you.

How does fundraising make you feel? A big part of wellness is accepting and loving who we are. Be proud of the challenge you've set yourself and share your JustGiving page today.



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