



LONDON SANTA RUN 2019

Thank you for registering for the London Santa Run!

Dear Runner!

Congratulations on signing up for the London Santa Run. We can't wait for you to join us as you pull on your red suit for this festive fundraiser!

This pack provides you with everything you need to know in order to take part, including fundraising and training advice so you can make the most out of your experience.

The run will take place in Victoria Park in London Sunday 8th December 2019. You should arrive on site around **10.00AM** for costume collection. Remember, if you have your voucher you do not need to register. The mini Santa Run starts at **10.35AM**, there's a main event group warm up at **10.50AM** and the main Santa Run starts at **11.00AM**. Don't forget our costume competition at **10.40AM** open to all participants and their four legged friends!

Free Santa suits will be provided on the day!

We will be Tweeting, Instagramming and Facebooking throughout the day so make sure you follow us on social media @skylineevnts.

Once again, thank you for reserving your place and supporting your charity!

King regards,
The London Santa Run Team



INTRODUCTION

Thousands of Father Christmas's will descend upon Victoria Park in December in a bid to raise funds for their chosen charity in the London Santa Run. Now is your chance to join them!

Whether you run, jog or walk – this event is all about the taking part, not the winning. No previous experience is required and with some training, the 5km or 10km distance (you select which one to go for on the day) should easily be within your capabilities! Plus, with our training and fitness advice we expect you will be ready in no time!

Your charity is counting on your support!



FAQs

When and where

The 2019 London Santa Run will take place on Sunday 8th December in London's Victoria Park. This parkland venue offers a perfect setting for you to enjoy your run on behalf of your chosen charity! Please arrive to collect your costume from 10.00AM with the run due to start from approximately 11:00AM.

The children's fun run will take place before the main challenge at around 10.35AM with the costume competition to follow at 10.40AM!

What's included?

- Your place in London's BIGGEST Santa Run
- A free Santa costume
- Christmas themed characters who are dressed up and ready to meet you!
- A children's fun run at the beginning of the event.
- Big stage warm-up to make sure you are ready to run!
- Training guidance
- Fundraising support
- Full route signage – so we don't have any Santa's getting lost!
- Dedicated events team who are on hand with advice
- Lots of festive fun on the day
- A medal when you race through the finish line!



TRAINING TIPS

Suggested training plan for the 5k run

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest / Stretch	2.5kms	Rest or run/walk	2.5kms	Rest / Stretch	2.5kms	Recovery walk
2	Rest / Stretch	2.8kms	Rest or run/walk	2.5kms	Rest / Stretch	2.8kms	Recovery walk
3	Rest / Stretch	3.2kms	Rest or run/walk	2.5kms	Rest / Stretch	3.5kms	Recovery walk
4	Rest / Stretch	3.2kms	Rest or run/walk	2.5kms	Rest / Stretch	3.2kms	Recovery walk
5	Rest / Stretch	3.5kms	Rest or run/walk	3.2kms	Rest / Stretch	4kms	Recovery walk
6	Rest / Stretch	4.5kms	Rest or run/walk	3.2kms	Rest / Stretch	4.8kms	Recovery walk
7	Rest / Stretch	3.2kms	Rest or run/walk	3.2kms	Rest / Stretch	4kms	Recovery walk
8	Rest / Stretch	3.2kms	Rest or run/walk	2.5kms	Rest / Stretch	Rest / Stretch	5kms Run

Suggested training plan for the 10k run

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest / Stretch	3 kms	2 kms or cross train	3 kms	Rest / Stretch	4 kms	Recovery run
2	Rest / Stretch	3.5 kms	2 kms or cross train	3 kms	Rest / Stretch	5 kms	Recovery run
3	Rest / Stretch	3 kms	2 kms or cross train	3 kms	Rest / Stretch	4 kms	Recovery run
4	Rest / Stretch	3.5 kms	2 kms or cross train	4 kms	Rest / Stretch	5 kms	Recovery run
5	Rest / Stretch	4 kms	2 kms or cross train	4 kms	Rest / Stretch	6 kms	Recovery run
6	Rest / Stretch	4 kms	2 kms or cross train	5 kms	Rest / Stretch	8 kms	Recovery run
7	Rest / Stretch	4.5 kms	2 kms or cross train	4.5 kms	Rest / Stretch	5 kms	Recovery run

Remember - not everyone is the same and some of you may find this a lot tougher than others. Don't worry, just use this as a guide to meet your personal needs and existing lifestyle. That way you will have a great chance of sticking to it!

The more training you do, the better you will feel on the day but don't forget those all-important rest days - without those, you won't allow your body the necessary recovery time to adapt to your new training schedule, and this could leave you more susceptible to injury.



FUNDRAISING ADVICE

Most charities will ask you to raise a minimum of £100 if you are taking part in the 5km or 10km Santa Run. As you know, these funds are incredibly valuable to the charity and we are here to support your goal of achieving your target!

You can set up an online fundraising page using www.justgiving.co.uk or one of the other many online fundraising websites - don't forget to share your page with friends and family and tell everyone about the fantastic challenge you are taking part in.

Top fundraising tips include asking your employer to match everything you raise pound for pound and trying fun activities such as sweepstakes, a pub quiz or a cake sale!

If you are stuck for ideas then head over to our fundraising tips here and your charity will also be able to help!



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