



Nike 7-day Mindful Running Program with Head Run Coach Lydia O'Donnell

Nike Coach: [Lydia O'Donnell](#)

Apps required: [Nike Run Club](#) and [Nike Training Club](#)

Training plan overview

Lydia O'Donnell: *I've created this 7-day Mindful Running Program for all running levels, utilising Audio Guided Runs (AGRs) from the Mindful Running Pack on the Nike Run Club (NRC) app. These runs are supported with Yoga and Strength training workouts from the Nike Training Club (NTC) app. The purpose of this plan is to give you the tools to run with mindfulness, while demonstrating the positive impacts running can have on your mental health. Since practicing mindful running, I have found that I have been able to connect with myself a lot more regularly. Running has become a tool that allows me to set my intention and stay true to my purpose each time I run.*

Day 1: NRC Stress Free Run (25 minutes)

For your first day, let's kick off with the **Stress Free Run AGR from the Mindful Running Pack on the NRC app**. This is a great introduction in learning how to focus your mind and thoughts whilst keeping pace for 25 minutes. Join Andy Puddicombe, the co-founder of Headspace and former Buddhist monk, and Nike Head Run Coach Chris Bennett guide you through how to take advantage of the positive stress in our lives and deal with negative stress better. This will set you up for an awesome week ahead learning how to listen to your mind and body and how to deal with any stress that may arise.

Day 2: NTC Reach and Recharge Yoga (28 minutes)

Today we are going to mindfully move through the **Reach and Recharge Yoga workout on the NTC app**. Use this flow to create strength in your body and space in your mind. As you move, focus on the breath and allow your body and mind to become connected.

Optional add-on: If your legs are still feeling fresh, tie up your laces and head out for a steady paced long run, around 20-30 minutes. You can log your run on the NRC app to see your distance and pace. Try and take what you learnt from yesterday's run to stay focused on your thoughts and how you're feeling.

Day 3: NRC Breaking Through Barriers Run (31 minutes)

We are focusing on pushing our mental limits today. The **Breaking Through Barriers AGR from NRC's Mindful Running Pack** will help you face real and imagined barriers and help you to grow the strength to push through them. Barriers can create self-doubt, which in turn can prevent us from achieving our potential. Throughout this run, believe in yourself and your ability, but most of all enjoy the run!

Day 4: NTC Deep Restorative Yoga (35 minutes)

Meditation and mindfulness are about being present with your thoughts and learning to control them. Both have huge benefits on your overall mental health. Today's session is the **Deep Restorative Yoga from the NTC app**. Throughout this workout move with purpose and focus on your thoughts. Try to stay in the moment and be present for the entire session.

Optional Add-on: If you want to push yourself today, throw on your shoes and head out for an evening run with the 25-minute **End Of Day Run with Headspace on the NRC App**. Tap into the voice of Andy Puddicombe, Headspace co-founder, and Coach Bennett, Nike Head Run Coach. Enjoy this relaxing run to see out your day and prepare yourself for tomorrow.

Day 5

Optional rest day:

Rest days can be as important as your training days. If you don't feel like running today, that's okay. Take a rest, recover, and come back tomorrow to focus on your mental and physical strength. Resting will also allow you to get more out of your training days. Take them guilt free!

For those ready to run, it's time to treat yourself with NRC's 45-minute **Thank You Run**. Throughout this run try to focus on Coach Bennett and his insights around feeling gratitude. Being thankful for what we have is an important way to create an optimistic and positive mindset. Let's start off by being thankful for running!

Day 6: NTC Start Training (46 minutes)

Get ready to get strong. We are hitting a strength workout from the **NTC app called Start Training**. This workout is all about training with purpose, providing a great framework for how we should approach everything in life. Throughout this workout, take a moment to breathe through reps and sets. Giving yourself time to recover will help you to make the most of each exercise. It will stimulate your mind and push your body.

Optional Add-on: If you want to run, today we are going long. We are running the 50-minute **Mindful Miles NRC AGR** with former Olympian and Nike athlete Colleen Quigley, Headspace co-founder Andy Puddicombe and Nike Head Run Coach Chris Bennett. The more miles we can run the more time we have to meditate. Use all 50 mins of this run to connect to your mind and lose yourself in the run.

Day 7: NRC Running Towards your Goal (40 minutes)

As it is the last day of the plan, it is time to set some goals for what is ahead. Today's run is the **Running Towards your Goal NRC AGR**. Setting goals is an important part of keeping a healthy mind. Giving yourself a purpose will help you to get up each day with enthusiasm. Having a plan, whether you achieve your goal or not, can keep you progressing forward in both running and in life.