

# Run for Research

## Training pack

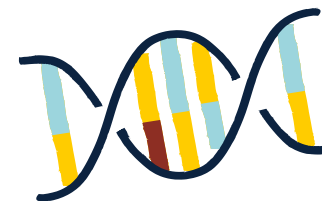
The Team CF Running Festival returns this April! Run any distance at a time that suits you while helping us fight for a life unlimited for everyone affected by cystic fibrosis (CF).

In this pack we'll tell you all the things you need to know to help organise your walk, whether you're planning a gentle stroll with a few friends or a more challenging hike through the mountains with your colleagues.

If you have any questions please get in touch with the Community and Events team on 020 3795 2176 or [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk).

## How to plan your running challenge

1. Decide on your running challenge. Your running challenge can be a distance covered over multiple runs in a month or it can be your first 10km or a half marathon distance. The choice is yours!
2. Sign up for free via Enthuse and join Team CF.
3. Update your fundraising page with all the information about your challenge.
4. Spread the word! Share your challenge on social media using #TeamCF. Use the Facebook and Instagram templates on our website to help get the word out.
5. Track your run or runs using Strava on your fundraising page. Remember to share any photos you have with us!



## Why Enthuse?

Enthuse is the website we are using for this virtual challenge, which will enable you to sign up, create a personalised fundraising page and have access to the event. This means you will be able to:

- See how many other Team CF runners are taking part
- See how much money you and your team have raised
- Check out the top fundraisers.
- Link your Strava account and post your run onto your Enthuse page.

## Taking on a virtual challenge

**Craig, Donna and her son Callum have all taken on their own virtual running challenge. Here, they share their top tips on how to keep motivated, fundraise and have fun!**

### Craig

**Having a challenge was just what I needed to focus on.** I signed up to the Running Festival as lockdown had really got me down mentally. This challenge helped me stay on top of my physical health and improve my mental state as well.

**Doing a virtual event meant no start time or journey to get to a particular place;** I could start straight from my front door!

**Planning my own route gave me the freedom of having as much space to run as I wanted,** which is a relief when you have cystic fibrosis. I didn't have to worry about people running too close to me, and I could just focus on running and not on whether I'd be risking catching coronavirus!

**It also allowed me to see parts of where I live that I wouldn't normally see.** I went through forests, across beaches and up steep hills that made my legs whine more than my lungs at times! The beauty of these virtual runs is that I could change it up and increase the difficulty if I wished.

If you have any questions or would like further support with your fundraising, please get in touch with the Community and Events team on 020 3795 2176 or [events@cysticfibrosis.org.uk](mailto:events@cysticfibrosis.org.uk).



Craig

We have a Team CF Facebook group, where everyone can share training tips, fundraising advice and personal stories.

We will also be posting exclusive training content from our Personal Trainer Graeme, to help you with any training or injury queries any time you need it!

Join the group on Facebook at [www.facebook.com/groups/teamcfcommunity](https://www.facebook.com/groups/teamcfcommunity)

Being a member of the Team CF community also gives you exclusive access to Cystic Fibrosis Trust's Training Hub from GH Training! Watch a variety of videos about injury prevention, stretching tutorials and training tips, as well as download training plans specifically for runs.

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