

At the Association we know every challenge is tough, whether it's your first or your tenth. That's why we're here to help you prepare, train, and get the support you need every step of the way. We're truly grateful for your fundraising efforts.

GH Training Hub

What is GH Training?

No matter if you're running, trekking, or cycling, the right training support is here for you. Check out the [induction video](#) to learn more.



Signing up

Signing up is quick, easy, and completely free. Just download the [app](#), register with your details, and enter our charity code [teammnd](#) to unlock full access to all resources.



Set your goals

Whether you're tackling a marathon, half marathon, 10k — or taking on a cycling or walking challenge, the hub offers personalised guides and training plans designed around your goals and experiences. Simply set your target, and it will take care of the rest.



I can't gain access?

If you have any issues or would just like to talk to the fundraising team, please get in touch on 01604 611860 or email fundraising@mndassociation.org.



Facebook Groups

RunMND

Join the [RunMND](#) group to find encouragement, inspiration and support.



Walk4MND

Avid walker? [Walk4MND](#) is here for you to share your tips, training, experiences and opportunities for others to join you.



BikeMND

[BikeMND](#) is for people who have had their lives touched by motor neurone disease and wish to take on cycling challenges to raise awareness and funds.

