

Too many people have been turned off running for one simple reason- They attempt too much too soon. We have all heard the saying “you must learn to walk before you run” and no where is this more applicable than when attempting a running programme. This idea is heavily reflected in the following training programme that targets the absolute beginner to running.

Before we begin, I have a few simple statements of advice that I implore you to follow in this training programme.

- Read through the schedule however refuse the temptation to jump to week three or four. The reasoning being the first few weeks of the schedule will reflect an adaptation phase. This phase is important as it will help you develop technique and adapt to the stress of regular exercise for 30 minutes at a time
- If you really find the first few weeks to easy then increase the running time to 90 seconds, however please do not go any more than this. Going all out, all the time can result only in a negative result.
- Always remember your warm-up and cool down activities. These are essential for preparing the body for the stress it will under go and the cool down is essential in ensuring you recover adequately.
- The most important piece of advice is ENJOY THE JOURNEY and GOOD LUCK.

Week One and Week Two

Weeks one and two reflect an introduction period. This phase will help the body adapt to the challenge in a series of intricate physiological steps. Furthermore it will assist in reducing the risk of injury as the skeletal system also adapts to the stresses placed upon it

ALWAYS walk for 3-5 Minutes pre routine and stretch. Any advice on stretching can be found on runrunrun.co.uk. Always finish the last repetition by walking a cool down.

Week One

Day	Routine	Repetitions	Total exercise time
Monday			
Tuesday	Run 1 Minute Walk 1 Minute	Repeat 6 times	12 Minutes
Wednesday			
Thursday	Run 1 Minute Walk 1 Minute	Repeat 8 times	16 Minutes
Friday			
Saturday	Run 1 Minute Walk 1 Minute	Repeat 9 times	18 Minutes
Sunday			

Week Two

Day	Routine	Repetitions	Total exercise time
Monday			
Tuesday	Run 2 Minutes Walk 2 Minutes	Repeat 6 times	24 Minutes
Wednesday			
Thursday	Run 1 Minute Walk 1 Minute	Repeat 10 times	20 Minutes
Friday			
Saturday	Mile Challenge See below for information	1	
Sunday			

At the end of Week two we have our first challenge. The challenge is to complete one mile on a flat measured route if possible. You can run/ walk the mile following the same pattern as you have been in the programme. Walk a warm up and Cool down. Record your mile time and we can review it later – WELL DONE.

Week Three

Weeks Three and Four represent a half way in the training schedule. At the end of this phase we will have another mile challenge. This time try and adopt a pattern made up mainly of running for example run for 4 minutes, walk for a minute or two, run for four minutes and so on. Always remember warming up and cooling down

Day	Routine	Repetitions	Total exercise time
Monday			
Tuesday	Run 3 Minutes Walk 3 Minutes	Repeat 5 times	30 Minutes
Wednesday			
Thursday	Run 2 Minutes Walk 2 Minutes	Repeat 8 times	32 Minutes
Friday			
Saturday	Run 1 Minute Walk 1 Minute	Repeat 15 times	30 Minutes
Sunday			

Week Four

Day	Routine	Repetitions	Total exercise time
Monday			
Tuesday	Run 7 Minutes Walk 3 Minutes	Repeat 3 times	30 Minutes
Wednesday			
Thursday	Run 6 Minutes Walk 3 Minutes	Repeat 3 times	27 Minutes
Friday			
Saturday	Mile Challenge	1	
Sunday			

Week 5 and Week 6

In this phase there will be a big emphasis on running as opposed to walking. The sessions will remain over three days however if you feel you want to add an extra day then go ahead and do a little cross training. Swimming and Biking are both great activities as they are not weight bearing and represent great cardiovascular work outs.

Day	Routine	Repetitions	Total exercise time
Monday			
Tuesday	Run 8 Minutes Walk 3 Minutes	Repeat 3 times	33 Minutes
Wednesday			
Thursday	Run 9 Minutes Walk 2 Minutes	Repeat 3 times	33 Minutes
Friday			
Saturday	Run 5 Minutes Walk 3 Minutes	Repeat 4 times	32 Minutes
Sunday			

Week 6

Day	Routine	Repetitions	Total exercise time
Monday			
Tuesday	Run 7 Minutes Walk 3 Minutes	Repeat 3 times	30 Minutes
Wednesday			
Thursday	Run 4 Minutes Walk 2 Minutes	Repeat 5 times	30 Minutes
Friday			
Saturday			
Sunday	THE BIG DAY!	THE BIG DAY!	THE BIG DAY!

Up and Running Northern Ireland

Intermediate Training Programme.

The following programme is aimed at people who can comfortably run for 20-30 minutes without stopping. If you have read the notes and information in the beginners' schedule and have decided that you wish to take part in the intermediate programme instead then by all means do so, however, the same advice applies- You must learn to walk before you run.

I will begin this programme a little differently. Below are a number of terms that will be used throughout the programme.

Exertion Scale: The Exertion scale is rated from 1-10. 1 is an extremely comfortable pace experienced when walking. 10 is an all out sprint that can be maintained only for a short period of time. The majority of running will be between 4 and 8 on the scale.

The Long run: The long run is done at an honest pace. The participant should be tired but not exhausted as distance not pace is the objective. The long run is around 5 on the exertion scale.

The tempo run: The tempo run is an aerobically hard run at threshold. This effort should be hard but not so hard that you feel you can't run much longer than 3 or 4 minutes. Breathing should be controlled but faster than on a long run. The tempo run should be around 7/8 on the exertion scale.

Steady run. The steady run will form the basis of the running schedule. The steady run is run at an effort just above long run but below the tempo run. This run should be around 6 on the exertion scale.

The Easy run: The easy run is often described as a recovery run with the important outcome of assisting the recovery process. This run should be around 3-4 on the exertion scale.

Week	Monday	Wednesday	Friday	Sunday
1	30 Minutes Steady Run	5 Minutes easy run warm up 15 Minutes Tempo Run 5 minutes easy run cool down	30 Minutes Easy Run	35 Minutes Long run
2	30 Minutes Steady Run	5 Minutes easy run warm up 17 Minutes Tempo Run 5 minutes easy run cool down	30 Minutes Easy Run	40 Minutes Long run
3	35 Minutes Steady Run	5 Minutes easy run warm up 19 Minutes Tempo Run 5 minutes easy run cool down	30 Minutes Easy Run	45 Minutes Long run
4	30 Minutes Steady Run	5 Minutes easy run warm up 20 Minutes Tempo Run 5 minutes easy run cool down	30 Minutes Easy Run	45 Minutes Long run
5	35 Minutes Steady Run	5 Minutes easy run warm up 22 Minutes Tempo Run 5 minutes easy run cool down	30 Minutes Easy Run	50 Minutes Long run
6	35 Minutes Steady Run	5 Minutes easy run warm up 10 Minutes Tempo Run 5 minutes easy run cool down	30 Minutes Easy Run	BIG DAY GOOD LUCK

