



Training Programme - Beginners

To ensure you get the most out of the training plan follow the guidelines, do not do too much too soon, at the first sign of an injury stop training and seek medical advice as soon as possible. It is easier to train with a friend or a club as it's a lot more enjoyable and training with other people helps motivate you to get out the door when it's wet and windy!

The first 4 weeks are designed to allow you to build up to a level where your body becomes used to the running action and allowing muscles, ligaments, tendons and bones to realize that something strange is happening to the body. This will allow them time to adapt ready for longer mileage.

Always have a gentle stretch of all the main muscle groups that have been used after each session. Never stretch before running as this stretches cold muscles and could cause an injury.

So what are you waiting for!!!!

	Week 1	Week 2	Week 3	Week 4
Monday	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	5 mins power walk 5 mins jog 3 mins walk	7 mins power walk 15 mins jog 3 mins walk	7 mins power walk 18 mins jog 3 mins walk	5 mins power walk 32 mins jog 3 mins walk
Wednesday	Rest Day	Rest Day	Rest Day	Rest Day
Thursday	5 mins power walk 7 mins jog 3 mins walk	5 mins power walk 18 mins jog 3 mins walk	7 mins power walk 23 mins jog 5 mins walk	3 mins power walk 35 mins jog 5 mins walk
Friday	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	Rest Day	Rest Day	Rest Day	Rest Day
Sunday	5 – 7 mins power walk 10 mins Jog 5 mins walk	5 – 7 mins power walk 20 mins Jog 5 mins walk	5 – 7 mins power walk 30 mins Jog 5 mins walk	3 mins power walk 40 mins Jog 5 mins walk

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