

WEEKS 1 AND 2: THREE DAYS PER WEEK

Before you start running it is advisable to go to your GP for a quick medical checkup.

This is a good idea for 2 reasons ;

1. It will identify any medical issues which could impact upon your running.
2. It will give you some data – blood pressure, resting heart rate, BMI etc - which you can use as a reference point for the health improvements that you are getting from your running and fitness programme.

For the first couple of weeks you should focus on a combination of walking and running as follows

Begin session with stretches

Running specific activity session total , excluding warm up and cool down, is 30 minutes.

- For the first five minutes of your workout, you should walk—no running.
- For the last five minutes of your workout, you should walk—again, no running.
- During the middle 20 minutes of the workout, you're free to jog or run—as long as you do so easily and don't push yourself. Here's how to run during those middle 20 minutes: Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 30 seconds), walk until you are recovered, and repeat throughout running portion. Finish session with cool down and stretches
- The goal is to complete this workout three times per week for two weeks.

Add in 2 core/strength sessions per week

Sign up for Run Together at www.centra.co.uk/runtogether



WEEKS 3 AND 4: FOUR DAYS PER WEEK

You will now move on to running activity sessions lasting 36 minutes

Running specific activity session total, excluding warm up and cool down, is 36 minutes.

- For the first five minutes of your workout, you should walk—no running.
- For the last five minutes of your workout, you should walk—again, no running.
- During the middle 26 minutes of the workout, you're free to jog or run, as long as you do so easily and don't push yourself. Here's how to run during those middle 26 minutes: Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 45 seconds), walk until you are recovered, and repeat throughout running portion.
- The goal is to complete this workout four times per week for two weeks.

Finish session with cool down and stretches

Add in 2 core / strength sessions per week

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WEEKS 5 AND 6: FOUR TO FIVE DAYS PER WEEK

You will now be ready to increase your running activity sessions to 40 minutes

Begin session with stretches and warm up

Running specific activity session total, excluding warm up and cool down, is 40 minutes.

- For the first five minutes of your workout, you should walk—no running.
- For the last five minutes of your workout, you should walk—again, no running.
- During the middle 30 minutes of the workout, jog or run. Keep an easy pace and don't push yourself. Here's how to run during those middle 30 minutes: Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 60 seconds), walk until you are recovered, and repeat throughout running portion.
- The goal is to complete this workout four to five times per week for two weeks.

Finish session with cool down and stretches

Add in 2 core /strength sessions per week

Add in 1 interval/speed session per week

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WEEKS 7 AND 8: FOUR TO FIVE DAYS PER WEEK

It's time to put your fitness to the test and train for 46 minutes

Begin session with stretches and warm up

Running specific activity session total, excluding warm up and cool down, is 46 minutes

- For the first five minutes of your workout, you should walk—no running.
- For the last five minutes of your workout, you should walk—again, no running.
- During the middle 36 minutes of the workout, jog or run at an easy pace. You should be able to hold a conversation with someone. Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 90 seconds), walk until you are recovered. Repeat this process throughout the running portion.
- The goal is to complete this workout four to five times per week for two weeks.

Finish session with cool down and stretches

Add in 2 core / strength sessions per week

Add in 1 interval / speed session per week

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WEEKS 9 AND 10: FIVE DAYS PER WEEK

You are reaching the end of your training plan! You will now increase your running activity session to 50 minutes

Begin session with stretches and warm up

Running specific activity session total, excluding warm up and cool down, is 50 minutes

- Walk for the first five minutes of your workout—no running.
- Walk for last five minutes of your workout—again, no running.
- During the middle 40 minutes of the workout, jog or run at an easy pace. Jog until you start feeling tired (or a minimum of two minutes), walk until you are recovered, and repeat throughout running portion.
- Complete this workout five times per week for two weeks.

Finish session with cool down and stretches

Add in 2 core / strength sessions per week

Add in 1 interval / speed session per week

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