

Beginner's Running Guide



style^{on}the Side

Welcome to your 8 week training schedule!

This guide was carefully designed to slowly take you from no running what so ever to up to a full 30 minute run. Once you can do that then the world is your oyster and you'll have no problem running your first 10k!

Please remember to listen to your body and to pay attention to what's going on around you.

Be healthy and stay safe!

TIPS FOR SUCCESS

If it's very warm outside make sure that you are wearing a hat and hydrating before and after your workout. For a 30 minute run there's no need to reach for sports drinks, but pay attention to how much you are sweating. Try running early in the morning or late in the afternoon after the worst heat has subsided.

If this is your first time running, head over to a running store and get fitted for a decent pair of running shoes. The experts should be able to give you some great advice about your gait as well.

Unless you are training for a marathon, it's likely that you won't need to eat more. Do remember to have a healthy diet, complete with whole grains, vegetables, protein and fruit.

Tight muscles are not happy muscles, so take the time to stretch post run and warm up before starting.

Don't be afraid to push yourself. It's easy to get into the comfort of jogging at a slow pace. Choose a faster song and run to the beat!

Most of all, don't feel bad if you can't keep up with the printed schedule. It's just a guide. If you need to, keep repeating the weeks until you can do the runs as written. So if the program takes you 12 weeks instead of 8 weeks, that's okay!

And of course, the most important rule: **Have fun!**

BEFORE EACH RUN

Walk for 3-5 minutes before each run to loosen up those muscles. Also remember to swing your arms around and loosen up your shoulders and neck.

AFTER EACH RUN

Post run you can do **deeper stretches**. Pay extra close attention to your **quads, hamstrings, IT bands** and **calves**.

For more tips on running please check out **Style On The Side**

| WEEK 1 |
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| <p>MONDAY: <i>Run & Walk</i> Run for 1 minute and walk for 2 minutes. Repeat this 10x.</p> |
| <p>TUESDAY: <i>Walk</i> Walk for 45 minutes at a steady pace where you feel your heart rate is elevated but you can still comfortably hold a conversation</p> |
| <p>WEDNESDAY: <i>Run & Walk</i> Run for 1 minute and walk for 2 minutes. Repeat this 10x.</p> |
| <p>THURSDAY: <i>Walk</i> Walk for 45 minutes.</p> |
| <p>FRIDAY: <i>Run & Walk</i> Run for 1 minute and walk for 2 minutes. Repeat this 10x.</p> |
| <p>SATURDAY: <i>Run & Walk</i> <i>You should be feeling a little bit stronger now.</i> Run for 1 minute and walk for 2 minutes. Repeat this 10x.</p> |
| <p>SUNDAY: <i>Rest</i> You deserve it!</p> |

| WEEK 2 |
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| <p>MONDAY: <i>Run & Walk</i> Run for 2 minutes and walk for 1 minute. Repeat this 10x</p> |
| <p>TUESDAY: <i>Cross Training</i> Do a low impact or no-impact activity for at least 45 minutes.</p> |
| <p>WEDNESDAY: <i>Run & Walk</i> <i>Take it up a notch.</i> Run for 3 minutes and walk for 1 minute. Repeat this 7x.</p> |
| <p>THURSDAY: <i>Walk</i> Walk for 45 minutes.</p> |
| <p>FRIDAY: <i>Run & Walk</i> <i>Push yourself a little bit more today.</i> Run for 4 minutes and walk for 1 minute. Repeat this 6x.</p> |
| <p>SATURDAY: <i>Run & Walk</i> Run for 3 minutes and walk for 1 minute. Repeat this 7x.</p> |
| <p>SUNDAY: <i>Rest</i> Remember to do some gentle stretches or go take a yoga/Pilates class.</p> |

| WEEK 3 |
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| <p>Monday: Run & Walk <i>Now we are starting to get serious.</i> Run for 5 minutes and walk for 1 minute. Repeat this 5x <i>(See how we are sticking to the 30 min mark)</i></p> |
| <p>Tuesday: Walk Walk for 45 minutes.</p> |
| <p>Wednesday: Run & Walk <i>We are still serious.</i> Run for 5 minutes and walk for 1 minute. Repeat this 5x</p> |
| <p>Thursday: Walk Walk for 45 minutes.</p> |
| <p>Friday: Run & Walk Run for 6 minutes and walk for 1 minute. Repeat this 4x</p> |
| <p>Saturday: Run & Walk. Run for 4 minutes and walk for 1 minute. Repeat this 6x.</p> |
| <p>Sunday: Rest. <i>Meet some friends for a light brunch and relish in your success so far. If they're not runners, make sure to casually mention your progress!</i></p> |

| WEEK 4 |
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| <p>Monday: Run & Walk <i>Take a breath, you can do this!</i> Run for 8 minutes and walk for 1 minute. Repeat this 3x. Finish your time by running for 3 minutes.</p> |
| <p>Tuesday: Walk for 45 minutes</p> |
| <p>Wednesday: Run & Walk Run for 9 minutes and walk for 1 minute. Repeat this 3x. <i>Hey you did 8 min on Monday, what's 60 seconds more?</i></p> |
| <p>Thursday: Walk Walk for 45 minutes.</p> |
| <p>Friday: Run & Walk. Run for 10 minutes and walk for 1 minute. <i>Good news!</i> You only need to repeat this 2x. For the final 8 minutes...run!</p> |
| <p>Saturday: Run & Walk. Run for 4 minutes and walk for 1 minute. Repeat this 6x.</p> |
| <p>Sunday: Shop <i>Maybe it's time for a new running top?</i></p> |

| WEEK 5 |
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| <p>Monday: Run & Walk Run for 12 minutes and walk for 1 minute. Repeat 2x. Finish with a 4 minute run <i>which should be super easy.</i></p> |
| <p>Tuesday: Walk Walk for 45 minutes.</p> |
| <p>Wednesday: Run & Walk Run for 13 minutes and walk for 1 minute. Repeat 2x. Finish with a paltry 2 minute run. <i>Easy right?!</i></p> |
| <p>Thursday: Walk Walk for 45 minutes.</p> |
| <p>Friday: Run & Walk Run for 14 minutes and walk for 1 minute. Repeat 2x. <i>Did you notice? No finishing run!</i></p> |
| <p>Saturday: Run & Walk Run for 15 minutes and walk for 1 minute. Run for 14 minutes. <i>Notice that on the second run you have turned the corner, Woohoo!</i></p> |
| <p>Sunday: Just breathe <i>More than once. In fact, throughout the whole day.</i></p> |

| WEEK 6 |
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| <p>Monday: Run & Walk Run for 16 minutes and walk for 1 minute. Run for 13 minutes.</p> |
| <p>Tuesday: Walk Walk for 45 minutes <i>Or just to try something new hit your local pool for some laps.</i></p> |
| <p>Wednesday: Run & Walk Run for 17 minutes and walk for 1 minute. Run for 12 minutes. <i>We call that a runner's dozen!</i></p> |
| <p>Thursday: Walk Walk for 46.3 minutes. <i>Just checking if you're paying attention.</i></p> |
| <p>Friday: Run & Walk Run for 18 minutes and walk for 1 minute. Run for 11 minutes.</p> |
| <p>Saturday: Change it up Hit the gym and take a high energy class. <i>It's time to let go!</i></p> |
| <p>Sunday: Rest day!</p> |

| WEEK 7 |
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| <p>Monday: Run & Walk Run for 20 minutes and walk for 1 minute. Run for 9 minutes.</p> |
| <p>Tuesday: Run & Walk <i>Note that this is a repeat of yesterday</i> Run for 20 minutes and walk for 1 minute. Run for 9 minutes.</p> |
| <p>Wednesday: Run & Walk Run for 22 minutes and walk for 1 minute. Run for 7 minutes.</p> |
| <p>Thursday: Walk Walk for 45 minutes. <i>You're probably feeling a little bit sore today so maybe throw in an easy yoga class as well.</i></p> |
| <p>Friday: Run & Walk Run for 24 minutes and walk for 1 minute. Run for 5 minutes.</p> |
| <p>Saturday: Run & Walk <i>(Almost there!)</i> Run for 26 minutes and walk for 1 minute. Run for 3 minutes.</p> |
| <p>Sunday: Rest <i>Buy a new running outfit.</i></p> |

| WEEK 8 |
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| <p><i>This is it! You are on your last week.</i></p> |
| <p>Monday: Run & Walk Run for 27 minutes and walk for 1 minute. Run for 2 minutes. <i>Yup that's it!</i></p> |
| <p>Tuesday: Cross training day! You choose: go for a bike ride or take a new class. <i>Most importantly, have fun!</i></p> |
| <p>Wednesday: Run & Walk Run for 28 minutes and walk for 1 minute. Sprint for 1 minute.</p> |
| <p>Thursday: Walk Walk for 45 minutes. <i>Enjoy the day and scenery.</i></p> |
| <p>Friday: BIG RUN DAY! Run for 30 minutes. <i>Pick your favourite tunes and let's go, I know you can do it!</i></p> |
| <p>Saturday: Go for a walk and soak in the sunshine.</p> |
| <p>Sunday: Congratulations! <i>Time to sign up for that first 5k run.</i></p> |