

# Beginner's Running Guide



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

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

WEEK 3
<p><b>Monday: Run &amp; Walk</b>  <i>Now we are starting to get serious.</i>  <b>Run for 5 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>5x</b>  <i>(See how we are sticking to the 30 min mark)</i></p>
<p><b>Tuesday: Walk</b>  <b>Walk for 45 minutes.</b></p>
<p><b>Wednesday: Run &amp; Walk</b>  <i>We are still serious.</i>  <b>Run for 5 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>5x</b></p>
<p><b>Thursday: Walk</b>  <b>Walk for 45 minutes.</b></p>
<p><b>Friday: Run &amp; Walk</b>  <b>Run for 6 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>4x</b></p>
<p><b>Saturday: Run &amp; Walk.</b>  <b>Run for 4 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>6x.</b></p>
<p><b>Sunday: Rest.</b>  <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
<p><b>Monday: Run &amp; Walk</b>  <i>Take a breath, you can do this!</i>  <b>Run for 8 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>3x.</b>                      Finish your time by <b>running for 3 minutes.</b></p>
<p><b>Tuesday: Walk for 45 minutes</b></p>
<p><b>Wednesday: Run &amp; Walk</b>  <b>Run for 9 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>3x.</b>  <i>Hey you did 8 min on Monday, what's 60 seconds more?</i></p>
<p><b>Thursday: Walk</b>  <b>Walk for 45 minutes.</b></p>
<p><b>Friday: Run &amp; Walk.</b>  <b>Run for 10 minutes</b> and <b>walk for 1 minute.</b> <i>Good news!</i> You only need to repeat this <b>2x.</b>                      For the final <b>8 minutes...run!</b></p>
<p><b>Saturday: Run &amp; Walk.</b>  <b>Run for 4 minutes</b> and <b>walk for 1 minute.</b>                      Repeat this <b>6x.</b></p>
<p><b>Sunday: Shop</b>  <i>Maybe it's time for a new running top?</i></p>

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

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

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

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