

# Week 1

## Finding your feet



### Who is this programme for?

You, your partner, and why not get the kids involved? bring the dog too! If you have a reasonable level of fitness or even if you are a complete beginner, this programme will help you get fitter and stronger, with the ultimate goal of completing a 5k and hopefully enjoying yourself in the process!

### Introduction

Running is tough, between struggling to find the time to work, entertain the kids and all of life's other commitments, making it difficult to give running and you, the time it deserves. However, running can help both control stress & anxiety and boost the bodies ability to deal with mental tension, making you feel better overall and give your confidence and real boost!

This programme is designed over 5 weeks, mixing running, resistance/bodyweight exercises and rest days to gradually build-up your strength and stamina and get you round 5k comfortably.

### Where to Run

Ideally a reasonably flat route close to where you live will be the best place to start your training. A loop or circuit is ideal, running out to point A and finishing back home at point B. Try sticking to the same route at the beginning of this training, to be able to monitor your progress and also notice the difference at key route markers as you get fitter. There are various route planners available online including [www.mapmyrun.com](http://www.mapmyrun.com).

### What do I need?

Firstly lets talk about necessary items... All you really need is a good pair or running trainers, comfortable clothes and a water bottle. As you progress, you may want to upgrade your clothes with a running top and shorts/running leggings, preferably made of good wicking material, as this will help pull the sweat away from your body and will dry faster than cotton.

Also, a smart watch/phone can help track progress such as monitor heart rate and even save your runs so you can review the data/progress at a later date, but it is not essential.

# Warning

If you have a heart condition or are on any regular medication, it is important that you check with your doctor before doing any new exercises. You should always remember to warm up and cool down before and after exercising to avoid injury to your muscles.



## Heart Rate?

Most adults have a resting heart rate of between 60 and 100bpm. The fitter you are, the lower your resting heart rate is likely to be. For example, athletes may have a resting heart rate of 40 to 60bpm, or lower.

## Lets check your resting heart rate...

Firstly make sure you have rested for a minimum of 5 minutes or ideally longer. Finding your pulse, you can find your pulse in either your wrist or your neck.

### **To find your pulse in your wrist:**

Holding out one of your hands, with your palm facing upwards, press the index and middle finger of your other hand on to the inside of your wrist, at the base of your thumb - don't use your thumb as it has it's own pulse.

Press the skin lightly, increasing the pressure until you can feel a pulse - If you can't find it, try pressing a little harder or move your fingers around.

### **To find your pulse in your neck:**

Press the index and middle finger to either side of your neck, just under your jaw and beside your windpipe. Don't use your thumb. Press the skin lightly, increasing the pressure until you can feel a pulse - if you can't find it, try pressing a little harder or move your fingers around.

When you find the pulse, count the number of beats for 30 seconds, then multiply by 2. This gives you your resting heart rate, the number of times your heart beats per minute (bpm). You will also be able to tell if your pulse is regular or irregular during these 30 seconds. It's very common to have occasional irregular heartbeats, such as missed beats. If your heart rate is continuously above 100 bpm or below 40 bpm, or you have any concerns at all, contact your GP for a check-up, although it may simply be that this is normal for you.

## Max Heart Rate (MHR) and Target Heart Rate (THR)

You should aim to keep your heart rate between your maximum heart rate and your target heart rate while exercising. Your maximum heart rate (MHR) depends on your age, to work our your maximum heart rate, minus your age from 220, so for example a 40 year olds MHR would be 180bpm.

Your target heart rate (THR) is between 50% and 70% of your maximum heart rate. To work our your THR, multiply your maximum heart rate by 50% and 70%.

For example, a 40 year old:

$$180 \times 50\% = 90\text{bpm}$$

$$180 \times 70\% = 126\text{bpm}$$

Example: a 42 year old should work between 90 and 126 bpm.

# Workouts

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## Day 1- Speed interval

Warm up: 5 minute brisk walk

Main session: 1 minute run

2 minute walk x4

Cool down: 5 minute walk

## Day 2 - Rest

## Day 3 – Aerobic interval

Warm up: 5 minute brisk walk

Main session: 3 minute run 3  
minute walk x4

Cool down: 5 minute walk

## Day 4 – Bodyweight circuit

30 seconds on 30 seconds off x3

- 1) Squats
- 2) Press ups
- 3) Lunges
- 4) Glute bridges
- 5) Back extension
- 6) Plank

## Day 5 - Rest

## Day 6 - Long run

Warm up: 5 minute brisk walk

Main Session: 1km run

Cool Down: 5 minute walk

## Day 7 - Rest

## Tip

Depending on your personal level of starting fitness you may need to walk for some of the running sections.