

8 week beginner running guide

4km run



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Week 1</p> <p>Do a strength and flexibility workout.</p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p>Walk for 30-45 minutes at an easy pace and stretch.</p> <p>Walk for 30 to 45 minutes at an easy pace. You should be able to carry a conversation without issue. If possible, measure the distance you travel so you can track your progress from week to week.</p>	<p>Work on your strength and flexibility.</p> <p>The purpose of strength and flexibility training is to strengthen your muscles and joints to make you a better runner and reduce the risk of injury. A suggested program is provided in the Strength and Flexibility Training Guide.</p>	<p>Walk/run for 15 minutes and stretch.</p> <p>The walk/run method is simple - run until you feel fatigued and then walk until you've recovered. Continue alternating between the two for 15 minutes.</p>	<p>Rest and recover.</p> <p>Rest days are a vital part of your training program as they allow your body to recuperate, recover and improve after training sessions.</p>	<p>Work on your strength and flexibility.</p> <p>Increasing your strength and flexibility will improve your running efficiency, meaning you will be able to run faster and farther using less energy. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Rest and recover.</p> <p>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</p>
<p>Week 2</p> <p>Do a strength and flexibility workout.</p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p>Walk for 30-45 minutes at a moderate pace and stretch.</p> <p>Walk for 30 to 45 minutes at a moderate pace. You should still be able to hold a conversation, but with noticeable breathing.</p>	<p>Work on your strength and flexibility.</p> <p>Follow the Strength and Flexibility Training Guide. Remember that strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</p>	<p>Walk/run for 20 minutes and stretch.</p> <p>Alternate between walking and running for 20 minutes. Keep track of how long you are able to run and how long it takes you to recover so you can track your progress from week to week.</p>	<p>Rest and recover.</p> <p>Rest days are a great opportunity to work on your flexibility. Try a yoga or Pilates class or do some stretching at home.</p>	<p>Work on your strength and flexibility.</p> <p>Really focus on the static stretches as you follow the Strength and Flexibility Training Guide.</p>	<p>Rest and recover.</p> <p>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</p>
<p>Week 3</p> <p>Do a strength and flexibility workout or walk/run 20 minutes and stretch.</p> <p>Do a strength and flexibility session or go for a 20 minute walk/run and stretch.</p>	<p>Walk for 30-45 minutes at a moderate pace and stretch.</p> <p>Walk for 30 to 45 minutes at a moderate pace. Try to travel farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Strength training is one of the best ways to increase your speed.</p>	<p>Walk/run for 30 minutes and stretch.</p> <p>Alternate between walking and running for 30 minutes. Try to maintain the same ratio of walking to running as you did last week over today's longer duration.</p>	<p>Rest and recover.</p> <p>You need sleep to heal from the mental and physical stress of training. Try going to bed a little earlier tonight.</p>	<p>Work on your strength and flexibility.</p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p>Rest and recover.</p> <p>If you are prone to muscle soreness, book in for a sports massage on your rest day. Massage therapy improves circulation to affected areas while easing pain and aiding recovery.</p>
<p>Week 4</p> <p>Do a strength and flexibility workout or walk/run 30 minutes and stretch.</p> <p>Do a strength and flexibility session or go for a 30 minute walk/run and stretch.</p>	<p>Walk for 30-45 minutes at a brisk pace and stretch.</p> <p>Walk for 30 to 45 minutes at a brisk pace. You should need to breathe deeply every few words but still be able to carry a conversation.</p>	<p>Work on your strength and flexibility.</p> <p>Make today's strength and flexibility session more challenging by doing an additional 2 repetitions of each exercise.</p>	<p>Go for a 10 minute run and stretch.</p> <p>Today the goal is to run for 10 minutes without having to walk. Good luck!</p>	<p>Work on your strength and flexibility.</p> <p>Supplementing running with strengthening exercises will not only aid in injury prevention but will make you a stronger, faster, and more efficient runner.</p>	<p>Go for a 15 minute run and stretch.</p> <p>Try to up the ante and run for 15 minutes without stopping to walk.</p>	<p>Rest and recover.</p> <p>Rest day activities should enable your whole body to recover. Yoga and Pilates are great for improving flexibility and can also help calm your mind and body.</p>

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<p>Week 5</p> <p>Do a strength and flexibility workout or run 10 minutes and stretch.</p> <p>Do a strength and flexibility session or go for a 10 minute run and stretch.</p>	<p>Walk for 30-45 minutes at a brisk pace and stretch.</p> <p>Walk for 30 to 45 minutes at a brisk pace. Try to travel farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide.</p>	<p>Go for a 15 minute run and stretch.</p> <p>Run for 15 minutes without walking. Really focus on travelling farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Really focus on doing the exercises correctly. Check out the Strength and Flexibility Training Guide for tips on form.</p>	<p>Go for a 20 minute run and stretch.</p> <p>Really push yourself to see if you can run for 20 minutes straight without walking.</p>	<p>Rest and recover.</p> <p>Rest days should enhance and complement intense workouts. Don't go too hard when you should be recovering or you could be at risk of injury or fatigue.</p>
<p>Week 6</p> <p>Do a strength and flexibility workout or run 15 minutes and stretch.</p> <p>Do a strength and flexibility session or go for a 15 minute run and stretch.</p>	<p>Walk for 30-45 minutes at a brisk pace and stretch.</p> <p>Walk for 30 to 45 minutes at a brisk pace. Try to travel farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>As your runs are getting longer, remember that strength training can minimise aches and joint discomfort from pounding the pavement.</p>	<p>Go for a 20 minute run and stretch.</p> <p>Run for 20 minutes without walking. Really focus on travelling farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the Strength and Flexibility Training Guide.</p>	<p>Go for a 25 minute run and stretch.</p> <p>Today the goal is to run for 25 minutes without having to walk. Good luck!</p>	<p>Rest and recover.</p> <p>Resting doesn't mean being inactive. You should aim to move as much as possible every day but some days should be less intense than others.</p>
<p>Week 7</p> <p>Do a strength and flexibility workout or run 20 minutes and stretch.</p> <p>Do a strength and flexibility session or go for a 20 minute run and stretch.</p>	<p>Walk for 30-45 minutes at a hard pace and stretch.</p> <p>Walk for 30 to 45 minutes at a hard pace. Your breathing should make it challenging to hold a conversation.</p>	<p>Work on your strength and flexibility.</p> <p>Many of the strength exercises target your core, which will help you avoid back pain while making you faster.</p>	<p>Go for a 25 minute run and stretch.</p> <p>Run for 25 minutes without walking. Really focus on travelling farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Really focus on the static stretches as you follow the Strength and Flexibility Training Guide.</p>	<p>Go for a 30 minute run and stretch.</p> <p>Today the goal is to run for 30 minutes without having to walk. You can do it!</p>	<p>Rest and recover.</p> <p>Go for a walk or bike ride to get your blood moving.</p>
<p>Week 8</p> <p>Do a strength and flexibility workout or run 10 minutes and stretch.</p> <p>Do a strength and flexibility session or go for a 10 minute run and stretch.</p>	<p>Walk for 30-45 minutes at a hard pace and stretch.</p> <p>Walk for 30 to 45 minutes at a hard pace. Push yourself to travel farther than you did last week.</p>	<p>Work on your strength and flexibility.</p> <p>Remember that strength and flexibility training plays an important role in preventing injury - which is particularly important in the final lead up to race day.</p>	<p>Go for a 10 minute run and stretch.</p> <p>You've been working hard for 8 weeks, so today's 10 minute run should be a piece of cake. Take note of how much you've improved!</p>	<p>Work on your strength and flexibility.</p> <p>Race day is just around the corner, so be sure to spend some extra time on the static stretches.</p>	<p>Rest and recover.</p> <p>Minimise your time on your feet while you get ready for tomorrow - lay out your gear, plan how you're getting to the start line and hydrate!</p>	<p>Race day.</p> <p>Today's the day! Good luck with your 4km run. Remember to stretch, stay hydrated and have fun.</p>