5KM TO MARATHONS
YOUR GUIDE TO RUNNING

TEA+™

LET'S START RUNNING...
8 WEEKS TO GO

Running is the sport that many people look to when they first enter the world of fitness. It's something that most people can do with little entry requirements or commitment and it can bring great benefits for you body.

However, a little knowledge can go a long way with running whether your a first time 5km racer or looking to take on a marathon. There's always something new to learn!

This guide is designed to help both new runners get to grips with the world of running and also help more experienced runners looking to take on a new challenge.

WE'LL LOOK AT...
- Cross training
- Food
- Race prep
- Running terms
- Plus an 8-week 5km training plan

THIS GUIDE HAS BEEN PUT TOGETHER WITH THE HELP OF **EMMA-JOY** - PERSONAL TRAINER AND FITNESS INFLUENCER
@LIPSTICKANDTRAINERS

BEFORE WE BEGIN...

HOW DO I START RUNNING?

If you're new to the sport, start small. We've included a training plan at the end of this guide to get you from zero to 5km in 8 weeks. It's important to pace yourself, listen to your body and walking when you need to.
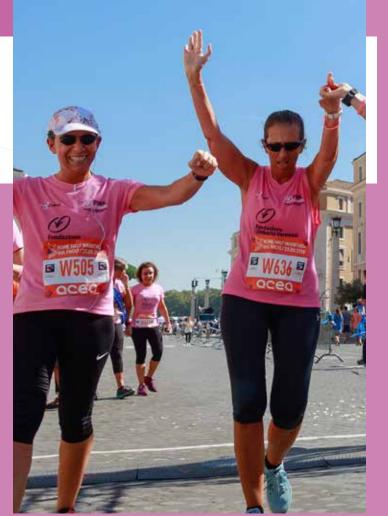
CAN YOU RUN TO LOSE WEIGHT?

Running burns calories so it can be helpful for weight loss. However, be mindful of your calorie consumption. As you increase your activity your hunger levels might also increase leading you to eat more.

HOW OFTEN SHOULD I RUN?

This training plan should have you running 3 times a week. Experienced runners can run 4-5 times a week - some will even run every day. However rest and recovery is very important, plus you should supplement your running schedule with cross-training to help build strength and stamina.

HOW DO I RUN FURTHER?

Consistency is key. No one becomes a marathon runner overnight. You'll need to build up your aerobic base and strengthen your body through regular training. Tempo runs (running faster for short intervals) and slowly increasing your distance each run will help too.

HOW FAST SHOULD I RUN?

That depends on the type of run you're doing. On an easy run you should be able to hold a conversation. Tempo or threshold runs will need you to increase your pace to "comfortably hard" pace for intervals, broken up by slower, recovery runs. If you chose to do a race, you can aim for a particular time using a race pace calculator.

WHAT SHOULD I EAT BEFORE RUNNING?

You'll only need a small snack around an hour beforehand to keep your hunger at bay. We'll dig deeper into this later on!

WHAT SHOULD I EAT AFTER A RUN?

Avoid big meals after running which could upset your stomach, so grab something light instead. Reach for foods high in carbs and protein to help with recovery - see our food section for more!

MEET EMMA-JOY
WHY I LOVE RUNNING...

PERSONAL TRAINER & FITNESS INFLUENCER
@lipstickandtrainers

EMMA RAN HER FIRST HALF MARATHON IN 2013 AND SINCE THEN HASN'T STOPPED...

"My love of running started about five years ago. Previous to my training, I had some unhealthy habits and wasn't really focusing on my day-to-day health, never mind my long term health.

My cousin had fallen ill with cancer at the age of 28 and sadly passed away. His friend had recently ran a half marathon and I was tempted to do it too and raise some money for charity. When the people around me, they laughed at the idea, as they didn't believe I would do as such.

Instead of binning the idea off, their reactions made me even more motivated to show everyone that I was capable of doing it!

I am a very intense person; if I have my heart set on something, I will give it 100%. So I started the training which took up a lot of my spare time, meaning that

I had to reinforce good habits for my performance. Running was my 'me-time' and it helped me to cope with what was happening around me. My cousin couldn't choose to have his life, but I had a choice to make something of my life. I had to do this for him and for myself.

I ran the half marathon for Macmillan Cancer Support and actually enjoyed the 'runners high'. I had to continue to push myself because I wanted to know how far I could go. My body had gotten stronger, I lost a few pounds and I was happier. Running had made me a better person.

I love running because of how it makes me feel. At first, it was a great way to lose the weight (after my university days, I had put on some unwanted weight) but when all that had happened, it became a mental feeling that I craved. Training made me happy and it helped me to meet some great people along the way. It kept me motivated to do better for myself and I loved being stronger; even just for day-to-day activities."

CROSS TRAINING

Cross training is incredibly beneficial for the runner; when the legs are tired from those long runs, you need to give them some time to rest and work on the other areas of your body. It is not just about the 'leg guns'! Building basic body strength is a great platform for the runners body; if you are stronger, your running game will be stronger too. Plus, it is good to mix it up every now and then! Not to mention that stretching/yoga/mobility work is great for your muscles, as running tends to make you tighter.

EMMA-JOY RECOMMENDS TRYING...

WEIGHT-TRAINING
YOGA
SWIMMING
HIKING

FOOD FOR RUNNERS

At the beginning of your running career, you don't need to worry too much about food. However, if you've got the bug and want to tackle a half or full marathon then food is key.

"You are burning extra calories, which means you will naturally intake more calories to prepare and/or recover for your sessions," says Emma-Joy.

"With my very first marathon, it was hard to get the balance right. As someone who had gone through the process of losing weight, eating more seemed alien to me, but I learnt the hard way that more is better if you want to perform well on the day. It is good to test out different products/methods to see what works for you (and what doesn't!) Everyone is different and it's really dependant on your body and training plan for what you may need.

"HERE ARE MY PERSONAL MARATHON MEALS..."

THE NIGHT BEFORE
A basic tomato and veg pasta dish with some sort of protein.

(Nothing too heavy or spicy. Stick with what you know and is for your body to digest.)

THAT MORNING
Porridge oats with honey, mixed nuts and fruit (preferably fresh) plus a black coffee.

BEFORE START
Snack before the start - Banana or oat bar.

FINISH LINE
Cola and/or a protein shake/bar. Plus LOTS of fizzy water.

AFTER RACE
A pizza or burger and fries. Easy carbs!

YOUR BIG RACE

Once you've completed your **8 week training**, you'll be ready for your first **big 5km race**. Remember to take it easy beforehand and get some rest. If you've been sent a runner number beforehand, remember to take it along with you (arrive with plenty of time to collect yours if not). Make sure you've eaten that morning to fuel yourself and wear sun protection if needed.

AND REMEMBER, HAVE FUN!

IF YOU'VE SIGNED UP FOR SOMETHING A LITTLE LONGER...

"In the lead up to a huge event (like the London Marathon!) you need to focus on the days before you run to make sure that your body is ready for 26.2 miles," Emma-Joy explains.

"Without getting too technical, you need to make sure that you are rested, hydrated and have eaten more complex carbs within your meals. This does not neccasary mean eating double the amount that you would usually eat, but looking at your daily diet and making sure that there are more of the important food groups in there. This is called the 'carb load'.

"These days are to be enjoyed so do not worry about foods, but just make sure that you have enough of everything!"

GLOSSARY OF TERMS

CHIP TIME - during a race you'll have a chip that gives you your unique completion time.

CROSS TRAINING - other exercises to strengthen the body and build fitness.

DNF - Did Not Finish.

DNS - Did Not Start.

FARTLEK - speed work that uses objects you can see, rather than timed intervals.

NEGATIVE SPLITS - completing the second half of the race in a faster time than the first.

PB - Personal Best.

RICE - Rest. Ice. Compression. Elevation. How to treat an first signs of an injury.

SPLITS - time it takes to run certain intervals of distance (e.g. 1 km or 1 mile).

TEMPO/THRESHOLD RUN - running at a comfortably hard pace for intervals.

TRAIL RUNS - off-road running.

VLM - Virgin London Marathon

8 WEEK TRAINING PLAN

This training plan should have you ready to run a 5km in 8 weeks. The principle behind the plan is building up your aerobic base by switching between jogging and walking. We'll slowly build up your time spent running, whilst still giving you moments of rest to recover. Feel free to adapt the plan to fit it around your lifestyle and schedule, but aim to complete all the planned runs. It's important to rest too - so try to keep to the recommended number of rest days in between each run as well. Before ever run, we recommend that you start with a 5 minute walk to warm-up and once you're finished, make sure to stretch.

WEEK	MON	TUES	WEDS	THUR	FRI	SAT	SUN
1	JOG 1 MIN / WALK 2 MIN (REPEAT X 5)	REST	JOG 1 MIN / WALK 2 MIN (REPEAT X 6)	CROSS TRAIN	REST / CROSS TRAIN	JOG 1 MIN / WALK 1 MIN (REPEAT X 10)	REST
2	JOG 2 MIN / WALK 2 MIN (REPEAT X 5)	REST	JOG 2 MIN / WALK 2 MIN (REPEAT X 6)	CROSS TRAIN	REST / CROSS TRAIN	JOG 3 MIN / WALK 2 MIN (REPEAT X 5)	REST
3	JOG 3 MIN / WALK 2 MIN (REPEAT X 4)	REST	JOG 3 MIN / WALK 2 MIN (REPEAT X 5)	CROSS TRAIN	REST / CROSS TRAIN	JOG 4 MIN / WALK 2 MIN (REPEAT X 5)	REST
4	JOG 5 MIN / WALK 2 MIN (REPEAT X 3)	REST	JOG 5 MIN / WALK 2 MIN (REPEAT X 4)	CROSS TRAIN	REST / CROSS TRAIN	JOG 7 MIN / WALK 2 MIN (REPEAT X 2)	REST
5	JOG 7 MIN / WALK 2 MIN (REPEAT X 2)	REST	JOG 7 MIN / WALK 1 MIN (REPEAT X 2)	CROSS TRAIN	REST / CROSS TRAIN	JOG 8 MIN / WALK 2 MIN (REPEAT X 3)	REST
6	JOG 8 MIN / WALK 2 MIN (REPEAT X 3)	REST	JOG 10 MIN / WALK 2 MIN (REPEAT X 3)	CROSS TRAIN	REST / CROSS TRAIN	JOG 1 MILE / WALK 2 MIN (REPEAT X 2)	REST
7	JOG 12 MIN / WALK 2 MIN (REPEAT X 3)	REST	JOG 12 MIN / WALK 1 MIN (REPEAT X 3)	CROSS TRAIN	REST / CROSS TRAIN	JOG 2 MILES / WALK 5 MIN	REST
8	JOG 15 MIN / WALK 2 MIN (REPEAT X 2)	REST	JOG 15 MIN / WALK 1 MIN (REPEAT X 2)	CROSS TRAIN	REST / CROSS TRAIN	JOG 3 MILES / WALK 2 MIN	REST