


0				BACK TO RUNNING TRAINING PROGRAM		
Week	Day 1	Day 2	Day 3			
						
	<b>*Use the same warm up for every run. 30 seconds easy jog and 30 seconds walk.</b>	<b>* The amount of time you spend running is noted in brackets</b>	<b>* A pick up is faster running. Simply pick up the pace a bit. Should be about 80% effort (so not an Olympic sprint!)</b>			
	<b>* Recovery means walk</b>	<b>As you get more fit recovery could be a slower pace instead of a walk</b>	<b>**On Day 3 the amount of time running will increase from Day 1 and Day 2</b>			
<b>1</b>	Run slowly for 30 seconds and then walk for 30 seconds to warm up. Repeat this 4 more times. You could try running between two telephone poles and then walking the distance of 2 telephone poles. Run 2 minutes , walk 60 seconds.Repeat 4 more times	Run slowly for 30 seconds and then walk for 30 seconds to warm up. Repeat 4 more times. Pick a car or telephone pole to run to. Run 2 minutes and then walk 60 seconds Repeat 5 more times	Run slowly for 30 seconds and then walk for 30 seconds to warm up. Repeat 4 more times. Run 3 minutes and then walk 60 seconds Repeat 4 more times			
2	8 x 3min run / 1 min walk in between each 3 minute run (24)	8 x 3 min. run / 1 min walk in between each 3 minute run (24 )3 x 15 second pick up to finish	5 x 4min run 90 second walk between each / 2 x 3 min run with a 60 second walk in between each 3 minute run (26)			
3	6 x 4 min run / 90 sec walk (24)	6 x 4 min run / 90 sec walk (24) 4x 15 sec pick up	3 x 6min run / 90 sec walk/3 x 3 min (24)			
4	5 x 5 min run / 90 sec recovery (25)	5 x 5 min run / 2 min recovery (25) 5x 20 sec. p/u	2 x 8 min run / 2 min rec. /3x3 min run (25)			
5	4 x 6 min run / 90 sec recovery (24)	4 x 6 min run / 90 sec recovery (24) 6 x20 sec	2 x 10 min run / 90 sec recovery/1x5 min(25)			
6	3 x 7 min/ 1 x 5 min run (26)	3 x 7 min /1 minute recovery/ 1 x 5 min(26) 4x30p/u	2 x 12 min run 60 sec rec/ 1 x 5 (29)			
7	4 x7 min run / 60 sec recovery (28)	4 x7 min run / 60 sec recovery (28)5 x 30 sec p/u	2 x 15 min run 60 sec recovery (30)			
8	3 x 8 min run / 90 sec recovery (24)	3 x 8 min run / 90 sec recovery (24) If you can find a hill try running up it hard for 30 seconds 3 times	2 x 15 min run 45 sec recovery(30)			
9	3x 9 min run / 60 sec recovery (27)	3x 9 min run / 60 sec recovery (27) 4 x 30 sec hills	20 min run/60 sec rec. 1 x 10 min run (30)			
10	3 x 10 min run / 30 sec rec (30)	3 x 10 min run /30 sec recovery (30)4 x 45 sec hills	24 min run /60 sec rec/1 x 6 min (30)			
11	2 x 15 min run / 30 sec recovery (30)	2 x 15 min run / 30 sec recovery (30) 4x 60 sec hills	28 min run			
12	1 x 30 min run (30)	1 x 30 min run	30 min run			
	Aim for 30 minutes of exercise. I have noted the amount of time spent running					
<b>Notes:</b>	Always start with 2-3 minutes of brisk walking and finish with a few minutes minutes of a cool-down walk					
	Running is all about consistency. Getting out the door is the hardest part.					
	A pick-up is just faster running 80-90% effort. I have used the abbreviation p/u					
	Have questions? I can answer them for you at <a href="mailto:Lynn@therunnersshop.com">Lynn@therunnersshop.com</a> This plan is a guideline which can be adapted based on your individual experience and response to the program. Here are some thought-starters for your summary:					
	How did it feel? How was your breathing?					
	Were you able to complete the progression? It's okay to back off if you feel any discomfort beyond getting your heart rate up a bit. This shouldn't be painful. Be patient, it takes time.					
	Strength and Mobility are integral to protecting yourself from injury. Ideally, incorporate 2-3 sessions per week.					