



GCC Virtual 5KM Challenge



4 Week Training Programme for Beginners

Week 1

Day 1: Run 8 minutes, walk 1 minute, repeat 2 times

Day 2: Rest or cross-train

Day 3: Run 10 minutes, walk 1 minute, repeat 2 times

Day 4: Rest

Day 5: Run 12 minutes, walk 1 minute, repeat 2 times

Day 6: Rest or cross-train

Day 7: Rest

Week 2

Day 1: Run 14 minutes, walk 1 minute, repeat 2 times

Day 2: Rest or cross-train

Day 3: Run 16 minutes, walk 1 minute, run 7 min

Day 4: Rest

Day 5: Run 18 minutes, walk 1 minute, run 7 min

Day 6: Rest or cross-train

Day 7: Rest

Week 3

Day 1: Run 20 minutes, walk 1 minute, run 6 minutes

Day 2: Rest or cross-train

Day 3: Run 23 minutes

Day 4: Rest

Day 5: Run 25 minutes

Day 6: Rest or cross-train

Day 7: Rest

Week 4

Day 1: Run 28 minutes

Day 2: Rest or cross-train

Day 3: Run 30 minutes

Day 4: Rest

Day 5: Run 20 minutes

Day 6: Rest

Day 7: Race! Run 3.1 miles



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Some Top Tips...

- You don't have to do your runs on specific days, however, you should try not to run two days in a row. You can either take a complete rest day or do cross-training on the days in between runs.
- Cross-training means that you do a different exercise instead of running. This can be cycling, swimming, yoga or any other activity (an exercise that is not running!) that you enjoy.
- As a beginner runner, you should run at a conversational pace. In other words, you should be able to hold a conversation with someone as you run without breathing too heavy or gasping for air.
- If you find yourself out of breath, slow down or take a walk break! There is nothing wrong with slowing down. Remember, once you are moving forwards you are working towards your goal.
- Make sure to warm up before you start your runs, check out the image on the next page for an example of 5 stretches you can do before you run.
- Eat a healthy balanced diet and remember to get enough sleep each night. This will help your muscles to recover quickly and benefit from your training.
- Finally, remember to enjoy the process! You will get a lot more out of it if you do...



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5 STRETCHES to do BEFORE YOUR RUN

1 DYNAMIC STANDING QUAD STRETCH



Holding onto something stable with one hand, bend the opposite knee so that your leg curls behind you. With your free hand hold the instep of the foot and gently push the hip forward of the bent leg whilst at the same time pushing the foot into the hand. Release the leg and hip back to its original position and repeat the action slowly and smoothly 10 times, before changing legs. It is important to dynamically stretch the quadriceps as these are activated continuously for the duration of the run.

2 CALF RAISES



Stand on the edge of a step or kerb and position the toes on the edge so that the heels hang over. Slowly and smoothly lift up onto your tip toes then lower the heel back down below the step. You should feel a gentle pull through the calf. The calf muscles and achilles tendons work particularly hard during running so this stretch is ideal in preparing them for "hard work ahead."

3 FRONTAL HIP FLEXOR SWING



Stand sideways to a wall or beam. Using one hand to support you, swing a slightly bent leg in front of the body then smoothly and slowly allow the leg to swing back behind the body. Ensure that the movement is slow and controlled and doesn't pass through its natural range of movement. Complete 10 swings and then change sides. This is a key stretch to mobilise the hip joint and prepare the all important hamstrings and hip flexors.

4 WALKING LUNGES



Stand with your feet together and take a long step forward with either your left or your right foot. Bend the front knee to 90 degrees and the back knee until it almost touches the floor, making sure the movement is slow and controlled and ensuring glute activation occurs. Repeat with both legs. As well as your glutes, walking lunges also focus on the other key muscles and joints involved when running.

5 LATERAL PENDULUM LEG SWING



Hold on to something stable with your arms out in front of your chest. In a controlled fashion, and within your natural range of movement, swing one leg gently out sideways and then bring it back through your centre line of the body repeating 10 times smoothly, before changing legs. This is important to mobilise and prepare the groin area around the hip, ball and socket joint used heavily in running.

It's a good idea to warm up your muscles before stretching them, so complete five minutes of low-impact exercise before moving on to these stretches. Try walking, knee lifts or gentle star jumps.

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**TOP
TIP**