

RunSmart Leyland - Beginners Running Plan

Firstly, get a watch, it only needs basic functions so don't spend a lot

Make sure you have good trainers, spend as much as you can afford and if possible, get properly measured and your "run" technique (Gait) looked at by a proper sports shop before you buy.

There are lots of different types of trainers and you need the right ones for how you run! Buy the wrong ones and it can cause injury or discomfort.

You only run Monday, Wednesday and Saturday. All other days are rest recovery days, keep other fitness up though as the stronger you can be the faster you will run, to an extent!! Other days of the week can be chosen but try and leave at least a day between runs one and two and 2 days between runs two and three.

Do not run longer than stated even if you feel fine!! It is about building things up slowly. If you cannot manage what is required that week don't move on to the next week until you can.

MAKE SURE YOU WARM UP, this is not stretching, stretching is for after a run, warming up is moving and increasing heart rate, even if it is just walking faster than normal!! Also, you must cool down, even if this is just walking for a few minutes at the end. Try to spend at least 10 minutes a day stretching while undertaking the plan.

Week	Run Time (mins)	Walk Time (mins)	No. of Times (Reps)	Total Run Time
1	1	2	6	6
2	1	1	10	10
3	2	2	6	12
4	2	1	7	14
5	4	1	4	16
6	6	1	3	18
7	7	1	3	21
8	8	1	3	24
9	12	1	2	24
10	25	0	1	25