

## BEGINNER - RUN YOUR FIRST MILE

This programme is for you if you feel that you are able to jog for short periods of time or you've successfully completed our pre-running plan. So if a little bird told you that running is awesome, but a couch 2 5k programme looks too much for you right now you should try it. It's important to take things slowly and gradually build up to your first mile run. If you struggle to run the full mile in week 6, don't worry just repeat weeks 5 & 6 until you can.

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>WEEK 1</b>	Walk 5 mins  30s Jog 90s Walk (Repeat 8 times)	<b>REST</b>	20 mins walk	<b>REST</b>	Walk 5 mins  30s Jog 90s Walk (Repeat 10 times)	<b>REST</b>	Walk 5 mins  60s Jog 90s Walk (Repeat 8 times)
<b>WEEK 2</b>	Walk 5 mins  60s Jog 90s Brisk Walk (Repeat 8 times)	<b>REST</b>	25 mins walk	<b>REST</b>	Walk 5 mins  60s Jog 60s Brisk Walk (Repeat 10 times)	<b>REST</b>	Walk 5 mins  90s Jog 60s Walk (Repeat 8 times)
<b>WEEK 3</b>	Brisk walk 5 mins  60s Jog 60s Brisk Walk (Repeat 8 times)	<b>REST</b>	30 mins walk	<b>REST</b>	Brisk walk 5 mins  90s Jog 60s Brisk Walk (Repeat 8 times)	<b>REST</b>	Brisk walk 5 mins  2 mins Jog 1 min Walk (Repeat 8 times)
<b>WEEK 4</b>	Brisk walk 5 mins  2 mins Jog 1 min Walk (Repeat 6 times)	<b>REST</b>	20 mins Brisk walk	<b>REST</b>	Brisk walk 5 mins  2 mins Jog 1 min Walk (Repeat 8 times)	<b>REST</b>	Brisk walk 5 mins  3 mins Jog 1 min Walk (Repeat 6 times)
<b>WEEK 5</b>	Brisk walk 5 mins  3 mins Jog 1 min Walk (Repeat 6 times)	<b>REST</b>	20 mins Brisk walk	<b>REST</b>	Brisk walk 5 mins  4 mins Jog 1 min Walk (Repeat 6 times)	<b>REST</b>	Brisk walk 5 mins  5 mins Jog 1 min Walk (Repeat 5 times)
<b>WEEK 6</b>	Brisk walk 5 mins  5 mins Jog 1 min Walk (Repeat 6 times)	<b>REST</b>	<b>20 mins Brisk walk</b>	<b>REST</b>	Brisk walk 5 mins  6 mins Jog 1 min Walk (Repeat 4 times)	<b>REST</b>	Brisk walk 5 mins  <b>Run 1 mile</b>  Walk 5 mins



## FIRST MILE - RUNNING LOG

*An opportunity for you to log your progress over the duration of the programme; recording success will boost your confidence, whilst noting difficult sessions, and why, will allow you to develop in the future*

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>
<b>EXAMPLE</b>	Completed the walk, felt ok.	Rest day, bit stiff but ok.	Completed the walk, felt like I could have done a little more	A little bit tired, but legs fine.	Did it all and loved it	Full of energy today, did short walk to collect kids.	Did the session, longest yet but felt great.
<b>WEEK 1</b>							
<b>WEEK 2</b>							
<b>WEEK 3</b>							
<b>WEEK 4</b>							
<b>WEEK 5</b>							
<b>WEEK 6</b>							