

## BEGINNER PRE-RUNNING PREPARATION PLAN - RUN YOUR FIRST MILE

This programme is for you if you're new to exercise and haven't done any running or not run for a long time. 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 so don't run before you can walk, quite literally!

	<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 Rest 2 mins  Repeat 2 times	<b>REST</b>	Walk 6 mins Rest 2 mins  Repeat 2 times	<b>REST</b>	Walk 5 mins Rest 2 mins  Repeat 2 times (Include 3 x 20 steps jogging)	<b>REST</b>	Walk 5 mins Rest 2 mins  Repeat 3 times
<b>WEEK 2</b>	Walk 6 mins Rest 2 mins  Repeat 2 times	<b>REST</b>	Walk 7 mins Rest 2 mins  Repeat 2 times	<b>REST</b>	Walk 6 mins Rest 2 mins  Repeat 2 times (Include 4 x 20 steps jogging)	<b>REST</b>	Walk 7 mins Rest 2 mins  Repeat 3 times
<b>WEEK 3</b>	Easy Walk 1 min Brisk walk 1 min  Repeat 6 times	<b>REST</b>	Walk 5 mins Rest 1 mins  Repeat 3 times (Include 4 x 25 steps jogging)	<b>REST</b>	Easy Walk 1 min Brisk walk 1 min  Repeat 6 times	<b>REST</b>	Walk 6 mins Rest 2 mins  Repeat 4 times
<b>WEEK 4</b>	Walk 5 mins Rest 1 mins  Repeat 4 times (Include 4 x 25 steps jogging)	<b>REST</b>	Easy Walk 1 min Brisk walk 2 mins  Repeat 7 times	<b>REST</b>	Walk 7 mins Rest 2 mins  Repeat 4 times	<b>REST</b>	<b>20 min Trial*</b>

**\*20 MINUTE TRIAL** - On a flat route (or treadmill), see how far you can walk in 20 minutes without stopping.

### DID YOU WALK YOUR FIRST MILE?

**NO** - Don't worry, Just repeat weeks 3&4 of this programme, you'll soon get there.  
**YES** - Fantastic, you did it! Now you're ready for the 'Run your First Mile plan'



## BEGINNER PRE-RUNNING PREPARATION PLAN - 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.	Jog made me out of breath but pleased I managed 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>							