FROM NOTHING TO RUNNING

An 8 Week Training Programme.
Start your journey as a runner.

Training Programme By Leroy de Beer

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General Programme Introduction	Warm Up and Cool Down	Glossary of Terms
This is a programme designed for those who have no running experience at all. The aim of this programme is to develop your aerobic fitness and to start you on your new running journey. Have Fun!	To perform at your best and avoid injuries you need to warm up and get the blood flowing to the major muscle groups that will be used. Your warm up should consist of a light to moderate jog. It should be at least 10-15 min long. This needs to be done prior to starting each workout prescribed! When you have completed the session complete a 10-15 min cool down. The aim is to decrease the heart rate. Stretch! Stretch! Stretch!	**R/W**: Run for the designated time and then walk for the designated time. Eg 2 min R/W = run for 2 min and then walk for 2 min. **Hills Incl**: Include some hills into the session. The aim of this is to make the session a little more challenging. Do not make this the sole focus of the session. **Easy Walk**: This is an active recovery session where the aim is to stretch the legs and recover. **Walk**: This is a brisk walk.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1:	2 min R/W x 4 - 6	Rest or Easy Walk 30 min	2 min R/W x 4 - 6	Rest or Easy Walk 30 min	Rest Stretch	2 min R/W x 6	Rest Stretch
Week 2:	2.5 min R/W x 4 - 6	Easy Walk 30 min	3 min R/W x 5	Rest or Easy Walk 30 min	Rest Stretch	3 min R/W x 5	Rest Stretch
Week 3:	2 min R/W x 8 - 10	Walk Hills Incl. 30 min	Rest Stretch	4 min R/W x 3 - 4	Rest Stretch	4 min R/W x 4 - 5	Rest Stretch
Week 4:	3 min R/W x 4 - 5	Rest Stretch	Walk Hills Incl. 30 min	4 min R/W x 3	Rest Stretch	4 min R/W x 3 - 4	Rest Stretch

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	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Week 5:	5 min Run 2 min Walk x 4 - 5	Easy Walk 30 min	Rest Stretch	5 min Run 2 min Walk x 5 - 6	Easy Walk 30 min	5 min Run 2 min Walk x 5 - 6	Rest Stretch
Week 6:	7 min Run 2 - 3 min Walk x 3 - 5	Rest Stretch	Walk 35 - 40 min	10 min Run 2 min Walk x 2 - 3	Rest Stretch	10 min Run 2 min Walk x 3 - 4	Rest Stretch
Week 7:	15 min Run 2 min Walk x 1 10 min Run 2 min Walk x 1	Walk Hills Incl. 30 min	Rest Stretch	Walk Hills Incl. 40 min	Rest Stretch	12 min Run 2 - 4 min Walk x 3	Rest Stretch
Week 8:	15 min Run 1 - 2 min Walk x 2	Rest Stretch	12 min Run 2 - 3 min Walk x 2	Easy Walk 25 - 30 min	Rest Stretch	Great work! Time to set a new goal!	