

IRONBRIDGE RUNNER “From nothing” Absolute Beginners Training Schedule

With you every step of the way

This programme assumes you want to run for the very first time. All you need is a pair of comfortable running shoes, a couple of pairs of comfortable socks and some easy to wear casual clothes e.g. long / short sleeved tee or polo shirt and shorts or long track trousers.

The Golden Rule is: be patient, don't run or walk on consecutive days and don't exercise if you have a cold or a cough. Eat and drink sensibly but don't eat for at least 2 hours before exercising.

WEEK	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		15min walk/jog		15min walk/jog		15min walk/jog	
2		20min walk/jog		20min walk/jog		20min walk/jog	
3		25min walk/jog		25min walk/jog		25min walk/jog	
4		15min steady jog		15min walk/jog		15min easy jog	
5		20min steady jog		20min walk/jog		20min steady jog	
6		20min steady jog		15min brisk run		20min steady jog	
7		20min steady jog		20min brisk run		20min steady jog	
8		25min steady jog		20min easy jog		25min steady jog	
9		30min steady run some hills		20min brisk run		30min steady run some hills	
10		35min steady run some hills		20min brisk run		30min steady run some hills	

11	40min steady run some hills	25min brisk run	30min steady run some hills
12	45min steady run some hills	30min brisk run	30min steady run some hills

At the end of this training period you will have a good knowledge of your running body and be much fitter and happier. Ready to train for a 5km race or improve your running? Try the next programme.