



LEARN TO RUN

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WHAT TO EXPECT

So, you want to start running, now what? The goal of this 4 week guide is to show you how to safely start running, what you need to do before and after you run to stay injury free, and tips on how to progress yourself after this guide!

WARM UP

But Rachel, isn't the run enough for me to warm up? NO, it is not. To prevent injury, a proper warm up is vital to getting your joints moving and the right muscles activated. The most vital muscles for running are your calves, quadriceps, glutes, and core! See page 3 for your warm up.

COOL DOWN

Walking for 2 minutes after you run is fine, but a proper stretching protocol is vital to making you feel fresh the next day. See page 3 for your cool down.

WARM UP PROTOCOL

1. leg swings x 20/leg
2. arm circles x 10/arm
3. ankle circles x 10/ankle
4. calf raises x 20
5. single leg glute bridge x 10/leg
6. inch worms x 10

COOL DOWN PROTOCOL

1. walk for 2 minutes
2. standing knee hugs
3. standing wall calf stretch
4. deep lunge hip stretch
5. pigeon stretch (if able)
6. figure four glute stretch
7. roll out quads, glutes and calves if roller/lacrosse ball is available.

WEEK ONE

Monday	5 minute walk 10 x 1 minute run/1 minute walk 2-5 minute walk
Tuesday	OFF
Wednesday	5 x 3 minute run/1 minute walk 2-5 minute walk
Thursday	Cross-train Yoga Strength Training Low-impact Cardio (20 minutes)
Friday	10 x 1 minute run/1 minute walk 2-5 minute walk
Saturday	3 x 5 minute run/2 minute walk 2-5 minute walk
Sunday	OFF

WEEK TWO

Monday	8 x 2 minute run/1 minute walk 2-5 minute walk
Tuesday	OFF
Wednesday	4 x 4 minute run/2 minute walk 2-5 minute walk
Thursday	Cross-train Yoga Strength Training Low-impact Cardio (20 minutes)
Friday	8 x 2 minute run/1 minute walk 2-5 minute walk
Saturday	3 x 8 minute run/3 minute walk 2-5 minute walk
Sunday	OFF

WEEK THREE

Monday	8 x 3 minute run/1 minute walk 2-5 minute walk
Tuesday	OFF
Wednesday	4 x 5 minute run/2 minute walk 2-5 minute walk
Thursday	Cross-train Yoga Strength Training Low-impact Cardio (20 minutes)
Friday	8 x 3 minute run/1 minute walk 2-5 minute walk
Saturday	3 x 10 minute run/2 minute walk 2-5 minute walk
Sunday	OFF

WEEK FOUR

Monday	8 x 4 minute run/1 minute walk 2-5 minute walk
Tuesday	OFF
Wednesday	5 x 5 minute run/2 minute walk 2-5 minute walk
Thursday	Cross-train Yoga Strength Training Low-impact Cardio (20 minutes)
Friday	8 x 4 minute run/1 minute walk 2-5 minute walk
Saturday	3 x 12 minute run/2 minute walk 2-5 minute walk
Sunday	OFF

WHERE DO YOU GO FROM HERE?

Congratulations, you finished the program! Hopefully you are currently feeling the fitness effects from all the work you put in! The goal now is to continue to increase the amount of time spent running versus the time walking, while continuing to do all the warm-up and cool-down procedures to remain injury free. Here are some tips to go forward:

1. It is important to increase frequency of your runs (eg. # of runs per week) first to reach 4-5 days of running per week. This allows your body to adapt to a fitness regime and makes it easier to adhere to when the runs become more challenging (or when you don't feel like it – it happens)!
2. Second, you want to slowly increase the duration of your runs. This will allow your aerobic system to adapt so that you can continue to run longer (and you won't feel as out of breath)!
3. Last, you want to add intensity. This means adding running workouts to your regime, such as anaerobic interval training, threshold and tempo workouts, and fartleks.

When you're ready, it will be time to pick a race and prep for it now that you a solid fitness base!

Good luck and let me know if you have any questions!