

RUNNING PROGRAM- A

- Try to run on grass or an oval if possible
- Avoid running in basketball shoes, use runners or cross trainers when possible.
- Record the total distance covered each session to keep track of your progress
- If you are unable to complete a session, substitute to another day or another cardio activity: eg. Swimming, Cycling, game of Squash etc.

Complete at least two sessions per week (a 3rd is optional)

Running intensity should be of a moderate intensity i.e. with your heart rate between 130bpm and 175bpm.

| | INSTRUCTIONS (Ratio of running to walking) |
|-----------------------------|--|
| week 1 15 min of running | 5 min run: 2 min walk × 3 total 15 min run, 4 min walk |
| week 2 15 min of running | 5 min run: 1 min walk × 3 total 15 min run, 2 min walk |
| week 3 15 min of running | 5 min run: 30sec walk × 3 total 15 min run, 1 min walk |
| week 4 15 min running | 5 min run: 30sec walk |
| week 5 16 min running | 8 min run :30 sec walk × 2 total 16 min run, 30 sec walk |
| week 6 18 min running | 9 min running 30sec walk × 2 total 18 min running 30 sec walk |
| week 7 20 min running | 10 min running × 2 walking (rest) in between 30sec-2min |
| Week 8 20 min easy run | Week 8 20 min easy run or 2 × 10 min runs |

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|---------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Date | | | | | | | | | | | | | | | | | |
| Run(Time/km) | | | | | | | | | | | | | | | | | |

WEEK PLANNER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

CHOOSE

TO

BE

SUCCESSFUL!

RUNNING PROGRAM B

- Try to run on grass or an oval if possible
- Avoid running in basketball shoes, use runners or cross trainers when possible.
- Record the total distance covered each session to keep track of your progress
- If you are unable to complete a session, substitute to another day or another cardio activity: eg. Swimming, Cycling, game of Squash etc.

Complete 3 runs run every week. 1 continuous, 1 fartlek and 1 optional.

- Easy refers to an intensity closer to the lower limit of the range of heart rates (130bpm)
- Hard refers to an intensity closer to or above the upper limit of the range of heart rates (175bpm)

| Continuous run | Fartlek run |
|---------------------------|---|
| week 1 15 min run | week 1 (15 min) 5 min easy followed by 60 sec hard, 60 sec easy × 3 then 4min easy |
| week 2 20 min run | week 2 (20 min) 8 min easy followed by 60sec hard, 60 sec easy ×3, then 6 min easy |
| week 3 20 min run | week 3 (20 min) 8 min easy followed by 60sec hard, 60sec easy ×3 then 6 min easy |
| week 4 20 min run | week 4 (20 min) 10 min easy followed by 30sec hard, 30sec easy ×3 then 7 min easy |
| week 5 25 min run | week 5 (25 min) 8 min easy followed by 90sec hard, 90sec easy ×3 then 8 min easy |
| week 6 25 min run | week 6 (25 min) 8 min easy followed by 90 sec hard, 90 sec easy ×4 then 5 min easy |
| week 7 30 min run | week 7 (25 min) 8 min easy followed by 90 sec hard, 90sec easy ×4 then 5 min easy |
| Week 8 30 min easy run | Week 8 30 min easy run |

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| Date | | | | | | | | | | | | | | | | | |
| Run(Time/km) | | | | | | | | | | | | | | | | | |

WEEK PLANNER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

CHOOSE TO BE SUCCESSFUL!

RUNNING PROGRAM C

- Try to run on grass or an oval if possible
- Avoid running in basketball shoes, use runners or cross trainers when possible.
- Record the total distance covered each session to keep track of your progress
- If you are unable to complete a session, substitute to another day or another cardio activity: eg. Swimming, Cycling, game of Squash etc.

Complete 3 runs run every week. 1 continuous, 1 interval and 1 optional.

| continuous run | interval training |
|--------------------------------------|---|
| week 1 30 min run | week 1- 4×400m efforts with 45 sec rest in between each 1 km time trial – estimate 1 km and use the same course each week 5 min jog cool down 10 min easy jog warm-up |
| week 2 30 min run | week 2 4 ×400m efforts with 45 sec rest in between each 1km time trial – estimate 1km and use the same course each week 5 min jog cool down 10 min easy jog warm-up |
| week 3 35 min run | week 3 8×200m efforts with 30 sec rest between 1km time trial 10 min easy jog warm-up 5 min jog cool down |
| week 4 – recovery week 25 min run | week 4 25 min easy run |
| week 5 35 min run | week 5 10×200m efforts with 30sec rest in between 1km time trial 10min easy jog warm up 5 min jog cool down |
| week 6 40 min run | week 6 4×100m, walking back in between (rest phase) 10× 200m efforts with 30 sec rest in between 10 min easy jog warm up 5 min jog cool down |
| week 7 40 min run | week 7 4 × 100m efforts walk back in between 10×200m efforts with 30 sec rest in between 10 min easy jog warm up 5 min jog cool down |
| Week 8 -recovery week 30 min run | Week 8 30 min easy run |

| Date | | | | | | | | | | | | | | | | | |
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| Run(Time/km) | | | | | | | | | | | | | | | | | |

WEEK PLANNER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
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CHOOSE TO BE SUCCESSFUL!

INSTRUCTIONS

PROGRAM A is for individuals who have never run before, are currently unable to run continuously for 20 minutes or have injury or medical limitations.

PROGRAM B is an intermediate program for those who have done some running in the past.

PROGRAM C is an advanced program suitable for individuals with a history of running.