

Running introduction:

We're all so busy these days that the thought of finding time for a new activity can be daunting. You'll be amazed at how easy it becomes once you've done it the first few times. It can help to have one or more friends who will agree a time with you and hold you to it! Once you've been running for a while, you'll feel so much better that you'll want to protect your running slots as much as possible. It's a fact that fit, healthy people get things done faster and more effectively, so once you've got going you'll get more done in the same time anyway!

BEFORE YOU START...

- Go and see your doctor before you start any new type of exercise, especially if you've been inactive for a while;
- Get yourself a little book or a diary – keeping a record of what you do and how you feel will be great to look back on and feel good about;
- Print out your programme, put it up somewhere prominent and put the first few dates/times in your diary;
- Rope in a couple of friends – they will be invaluable when you're down and need motivating!

Some points to help you with the program:

- Whatever standard of runner you are, always start with a brisk 5 minute walk to warm up, followed by some stretching;
- Always stretch after running to reduce stiffness and the risk of injury;
- Always allow an extra 10 – 15 minutes for each session so that you can warm up and stretch down properly;
- Never run if you feel ill, giddy, or if you have an injury;
- Try and do all the sessions each week, but don't worry if you miss the odd one;
- Your running pace should be slow for the first few weeks – not much more than brisk walking pace;
- If you're gasping for air, you're going too fast – you should be able to talk as you go;
- If it feels too easy, move on to the following week and try that instead;

Forget about distances and concentrate on running and walking timings only. It is very difficult to get training programs right for every individual so please do try and feed back to us once you have started. This will allow us to adjust your program depending on how you are getting on.

The training plans are worked out on training 3 times a week, although please do not feel you have to stick to the days we have suggested particularly if you have an easier day that training can fit into better.

It is also important not to get fixated by your plan, if you feel ill or need to fit more work in or spend time with your children its very important you do that and not beat yourself up for not training, there will always be another day.

Good Luck!

You can do it....