

## **NEW TO RUNNING?**

If you're thinking about starting to run but aren't sure what's involved, whether you're fit enough, or want to know more, then this is the website section for you.

If you haven't run before then we suggest that you complete a basic fitness programme to get you to the point where you can jog for 30 minutes. When you are confident in doing that then you'll be ready to come along to the club and run with Clanfield Joggers.

Most people start off trying too hard – you shouldn't just go out and try to run. Unless you're exceptional you'll only feel awful, not enjoy yourself, and decide that running's not for you. So to start you off, and to get you to that 30-minute stage, here's a basic 10-week training schedule (taken from "The Handbook of Running" by Nick Troop & Steven Seaton). 10 weeks might seem like a long time, but it's much better to start off slowly and feel you are making progress than to go at it like a bull at a gate! The key to improvement is persistence and making sure you get out at least three times (preferably four times) a week. You'll be calling yourself a runner in no time – at which point come along to the Clanfield Joggers twice-weekly runs.

### **The 10-week beginner's training programme**

This schedule is designed to take you up to the point where you can comfortably run for 30 minutes without stopping or slowing to a walk. Each week, do the suggested run/walk routine (which should take about half an hour) four times, preferable alternating exercise days with rest days wherever possible: for example, you could train on Monday, Wednesday, Friday and Saturday.

Don't be afraid to go back and repeat a week if you're finding the programme hard going. Remember the story of the hare and the tortoise: at this stage you definitely want to follow the tortoise's example.

#### **Week 1**

Run for 2 minutes, then walk for 4 minutes – do this five times.

#### **Week 2**

Run for 3 minutes, then walk for 3 minutes – do this five times.

#### **Week 3**

Run for 5 minutes, then walk for 2½ minutes – do this four times.

#### **Week 4**

Run for 7 minutes, then walk for 3 minutes – do this three times.

#### **Week 5**

Run for 8 minutes, then walk for 2 minutes – do this three times.

#### **Week 6**

Run for 9 minutes, then walk for 2 minutes – do this three times.

**Week 7**

Run for 9 minutes, then walk for 1 minute – do this three times.

**Week 8**

Run for 13 minutes, then walk for 2 minutes – do this twice.

**Week 9**

Run for 14 minutes, then walk for 1 minute – do this twice.

**Week 10**

Run for 30 minutes.

The only other investment you need to make is in a proper pair of running shoes. Your old trainers or tennis shoes just won't do. Shoes designed for court sports are quite different from running shoes, and you're going to need proper support for your feet. Go to a shop which knows about running and can fit your shoes properly. You'll find several shops listed at the top of the Clanfield Joggers newsletter, which you'll find elsewhere on this website.

In the meantime, if you've got any questions then do contact Clanfield Joggers through this website, with an email address and/or phone number, and someone will get back to you.

Finally, if you're at all concerned about your health, please do consult your GP before you start training.

Happy Running!