

Learn to Run Program

Run for Life Learn to Run program is a progressive program of walking and running. By the end of this 8 week program you should be able to complete a 5k run.

The key to the Learn to Run program is to keep consistent and run/walk three times per week. Running is also an activity that requires rhythm and consistent running is the best way to establish this pattern.

Those wishing to take part in the Learn to Run program should be able to comfortably walk for 30 minutes.

Run for Life Learn to Run Schedule

Week	1	2	3	4	5	6	7	8
Walk	5 min	5 min	5 min	5 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	
Walk	5 min	2 min	2 min	1 min	1 min	4 min	4 min	
Run		1 min	2 min	2 min	4 min			
Walk		7 min	5 min	5 min	4 min			
Totals	26 min	25 min	28 min	24 min	29 min	32 min	36 min	34 min

NEXT: 5/10 KM Run

2011 LEARN TO RUN CLINIC – BEGINNERS

It was developed specifically to prevent injuries among first-time runners by gradually strengthening the bones, tendons, ligaments and muscles used in running. **Doing too much too fast is the biggest cause of injuries among new runners.** Stick with the schedule and you will reduce your risk of injury caused by doing more than your body is ready for (sorry – we can't prevent slips and trips so be careful!)

There are 3 rules to follow:

Rule 1: Moderation Don't do more than what's on the schedule because you may be pushing your body beyond what it is capable of doing now and you will risk getting injured. If you are really enthusiastic and want to do more, cross train. Swimming, cycling, and/or strength training are all good ways of keeping yourself active without injuring yourself by running more than your body is ready for.

Rule 2: Consistency Make a commitment to stick with the training schedule. This program is about developing good running habits – make sure you plan the days and times you will run, try to make running a priority and schedule other activities around it, and make a commitment to run no matter what the weather is or how you feel (you will almost always feel better once your run is over!) Be prepared that you probably won't feel like running – do it anyhow. Three training sessions each week will ensure that your body will be able to tolerate the 30-second increase in the length of the training periods each week. If you consistently run less than three times a week, your bones, muscles, tendons and ligaments will not become stronger.

Rule 3: Rest Make sure that you have at least one non-running day between training sessions. If you are really motivated to increase your activity on non-running days, pick an activity that is lower impact than running (depending on your speed, your feet must absorb 2-5 times your body weight!) or uses other muscle groups (walking, yoga, cycling, swimming, weight training).

Beginner Running Books:

MacNeill, Ian and Sport Medicine Council of BC. *"The Beginning Runner's Handbook: The proven 13-week walk-run program"*. Vancouver, Greystone Books, 2001. This book covers everything from physiology and psychology to clothing and nutrition to injury prevention and treatment.

Stanton, John. *"Running: Start to Finish"*. Lone Pine Press. John Stanton started running and founded The Running Room chain when, after many years of smoking and being overweight, he survived a heart attack and learned to run marathons to increase his fitness and reduce the chance of another heart attack. This is a well-rounded book, and has training plans for walking and running longer distances, including 10-KM, half-marathon, and marathon.