



Just Run 4 Fun



Mary Kenny



“ I WANT TO RUN. WHERE DO I BEGIN? ”

WELCOME! Congratulations on deciding to RUN! Experience the exhilaration, feeling of well-being, and the sense of accomplishment that is part of running. And the FUN.

YOUR RUNNING Check List - Get You Out The Door Running Quick and Easy!

Mary Kenny

Just Run 4 Fun - "I WANT TO RUN. WHERE DO I BEGIN?"

Copyright Checklist, Format and Weekly Log Design format © by MK Running

Couch to 5k chart, 9-week Plan, plus more, including info on apps, at

http://www.coolrunning.com/engine/2/2_3/181.shtml

SportMedBC link to LearnToRun10KProgram. Easy-to-read with Walk/Run included.

<http://www.efap.ca/services/documents/SportMedLearnToRun10KProgram.pdf>

No parts of this publication may be reproduced without correct attribution to the author of this material, in its present format. Also requires correct attribution to original sources of the Couch to 5k and SportMed10K walk/run.

Here's What's Inside

11-POINT RUNNING CHECK LIST

Couch to 5K Plan
(9 Week Program)

“LearnToRun10K”
(13 Week Program)



“ I WANT TO RUN. WHERE DO I BEGIN? ”

WELCOME! Congratulations on deciding to RUN! Experience the exhilaration, feeling of well-being, and the sense of accomplishment that is part of running. And the FUN.

YOUR RUNNING Check List - Get You Out The Door Running Quick and Easy!

- 1 ALWAYS recommended to check in with your medical / health care professional(s) before you begin any activity programme. Chances you'll find this a source of encouragement. But do check in. Be honest with yourself.
- 2 WARMUPS and COOLDOWNS. YES. Do these. Your body needs both. They're in the programmes. Don't skip these. Gentle stretches (after running) are good, too.
- 3 DON'T PUSH IT! Ease into your running programme gradually. YOU SHOULD ALWAYS FEEL LIKE YOU COULD HAVE DONE MORE. DON'T. Follow the plan. Build slowly and gently if you want your body to co-operate with you over the long haul.
- 4 TO BEGIN all you need is 30 minutes. 3 times a week. And alternate run and rest days. Always. Your body needs rest/ recovery days.
- 5 I RECOMMEND EITHER OF THESE TRAINING PLANS. One is 5K Training. The other is 10K Training. Both suited to people who have been inactive and want to run, but aren't sure how to get started. Become part of the experience of running! 5k:the popular Couch Potato Training - 9 weeks. 10K:SportMedBc LearnToRun10K - 13 weeks.
- 6 PICK ONE. Be part of the experience of running. Either opens your "running door".
- 7 **IF YOU PICK 5K** - super cool, fun, used by thousands. The ever popular Couch to 5K is a 9 week training plan that is closer to a walking/ jogging programme. With this is possible to go from your "couch" to regularly running 5K (or 3 miles). And enjoy it!
- 8 Link to Couch to 5k chart, 9-week Plan, plus more, including info on apps, at http://www.coolrunning.com/engine/2/2_3/181.shtml

Couch to 5K Plan

Please Note: It is important to have a rest day between runs

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Day 1	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up	5 min brisk walk to warm up
	Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec Run 1 min Walk 90 sec	Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec Walk 2 min Run 90 sec	Run 90 sec Walk 90 sec Run 3 min Walk 3 min Run 90 sec Walk 90 sec Run 3 min Walk 3 min	Run 3 min Walk 90 sec Run 5 min Walk 2 ½ min Run 5 mins	Run 5 min Walk 3 min Run 5 min Walk 3 min Run 5 min	Run 5 min Walk 3 min Run 8 min Walk 3 min Run 5 min	Run 25 min	Run 28 min	Run 30 min
	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down	Walk 5 min to cool down
Day 2	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	5 min brisk walk to warm up	5 min brisk walk to warm up	Repeat Day One	Repeat Day One	Repeat Day One
					Run 8 min Walk 5 min Run 8 min	Run 10 min Walk 3 min Run 10 min			
					Walk 5 min to cool down	Walk 5 min to cool down			
Day 3	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One	5 min brisk walk to warm up	5 min brisk walk to warm up	Repeat Day One	Repeat Day One	Repeat Day One
					Run 20 min	Run 25 min			
					Walk 5 min to cool down	Walk 5 min to cool down			

9

IF YOU PICK 10K SportMedBC’s “LearnToRun10K Program”(13weeks). This is where I began. SportMedBc is world respected and has decades of experience with all levels of running training. And lots of research. Their training is the cornerstone of training for one of the largest annual 10K events anywhere, the Vancouver Sun Run. Going since 1985. In 13 weeks I found myself experiencing my first Sun Run with over 40,000 other participants from around the globe (runners, walkers, even elite). Cool or what? I FINISHED! Hands raised high! You can, too!

LearnToRun10K

LOG WEEK 1

Date			Comments
	Session 1 34 min.	Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 8 times. Cool-down: Walk slow & easy 5 minutes	
	Session 2 28 min.	Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes	
	Session 3 31 min.	Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes	

NOTES

LearnToRun10K

LOG WEEK 2

Date			Comments
	Session 1 38 min.	Warm-up: Walk slow & easy 5 minutes Run 2 minutes. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes	
	Session 2 31 min.	Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes	
	Session 3 34 min.	Warm-up: Walk slow & easy 5 minutes Run 2 minute. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes	

NOTES

LearnToRun10K

LOG WEEK 3

Date			Comments
	Session 1 45 min.	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes	
	Session 2 34 min.	Warm-up: Walk slow & easy 5 minutes Run 2 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 40 min.	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 4

Date		EASY RECOVERY WEEK	Comments
	Session 1 40 min.	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 2 30 min.	Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 2 minutes. Do this 5 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 40 min.	Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 3 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 5

Date			Comments
	Session 1 46 min.		Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 9 times. Cool-down: Walk slow & easy 5 minutes.
	Session 2 34 min.		Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes.
	Session 3 42 min.		Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes.

NOTES

LearnToRun10K

LOG WEEK 6

Date			Comments
	Session 1 52 min.		Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes
	Session 2 38 min.		Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.
	Session 3 50 min.		Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 10 times. Cool-down: Walk slow & easy 5 minutes.

NOTES

LearnToRun10K

LOG WEEK 7

Date			Comments
	Session 1 54 min. or 5K distance		Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times or repeat pattern over the 5K. Cool-down: Walk slow & easy 5 minutes.
	Session 2 40 min.		Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.
	Session 3 52 min.		Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.

NOTES

LearnToRun10K

LOG WEEK 8

Date		EASY RECOVERY WEEK	Comments
	Session 1 54 min.	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 2 38 min.	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 46 min	Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 9

Date			Comments
	Session 1 68 min	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 20 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes.	
	Session 2 46 min.	Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 54 min.	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 10

Date			Comments
	Session 1 72 min.	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Run 20 minutes. Walk 1 minute. Run 30 minutes. Cool-down: Walk slow & easy 5 minutes.	
	Session 2 54 min.	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 57 min.	Warm-up: Walk slow & easy 5 minutes. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 11

Date			Comments
	Session 1 71 min.	Warm-up: Walk slow & easy 5 minutes. Run 40 minutes. Walk 1 minute. Run 20 minutes. Cool-down: Walk slow & easy 5 minutes.	
	Session 2 54 min.	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 57 min.	Warm-up: Walk slow & easy 5 minutes. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 12

Date		EASY VOLUME WEEK	Comments
	Session 1 60 min.	Warm-up: Walk slow & easy 5 minutes. Run 50 minutes. Cool-down: Walk slow & easy 5 minutes.	
	Session 2 43 min.	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 3 times. Cool-down: Walk slow & easy 5 minutes.	
	Session 3 52 min.	Warm-up: Walk slow & easy 5 minutes. Run 15 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes.	

NOTES

LearnToRun10K

LOG WEEK 13

Date			Comments
	Session 1 50 min.	Warm-up: Walk slow & easy 5 minutes Run 40 minutes. Cool-down: Walk slow & easy 5 minutes	
	Session 2 43 min.	Warm-up: Walk slow & easy 5 minutes Run 10 minutes. Walk 1 minute. Do this 3 times. Cool-down: Walk slow & easy 5 minutes	
	Session 3	Event Day 10K: Run as you feel, have fun, and take care not to start out too quickly for yourself. Congratulations!	

NOTES

10

PROMISE YOURSELF you'll finish. Do a 5K or 10K at the end of your training, if you can. Running is a great habit to welcome into your life. Fun. Exhilarating. Sense of Accomplishment. Feeling of Wellbeing. Meet like-minded people. Wow your family..... even your kids and grandchildren... maybe they'll do a race with you.

11

FINAL WORD TO SHOES. ADVICE HERE: SIMPLE: To start, go to a reputable running only shoe store. Local is great. One where you have or feel you could have a good rapport with the person fitting your foot and dispensing running shoe advice. Find somebody interested in fitting your foot, not just making a sale. Poorly fitting running shoes are no fun. Initially, I recommend avoiding online shoe purchases. Why? Being able to try shoes on before buying and uncertainty if your shoe will be the authentic brand name you ordered (knockoffs happen). Protect yourself getting started: local running-shoes-only store.



CONGRATULATIONS!

ON DECIDING TO Get off the couch and Out Your Door. Running. Quick and Easy

SportMedBc link to LearnToRunIOKProgram . Easy-to-read with Walk/Run included.
<http://www.efap.ca/services/documents/SportMedLearnToRunIOKProgram.pdf>

* SportMedBC InTraining LearnToRunIOK Program. © SportMedBC
The SportMed RunWalk curriculum is by SportMedBC. SportMedBC supports a variety of RunWalk programs, including Sun Run InTraining. SportMed RunWalk programs are available in a “mobile friendly” format that also includes weekly coaching advice and tips. Visit www.sportmedbc.com for more information. © **SportMedBC**

Copyright Checklist, Format and Weekly Log Design format © by MK Running