

6 Golden Rules

Whatever your ability level or running experience make sure you read our 6 golden rules before starting.

- 1 Warm up thoroughly pre-run.** For new runners this might include a short walk and some gentle dynamic exercises. Checkout and use our 5 minute pre-run mobility warm up routine here: https://youtu.be/ZOG6h_eDQDk
- 2 Start all your runs very easily.** When running, it can often take the body 6-8 minutes (sometimes longer) to regulate breathing and warm-up the aerobic system, which is the prime system used to power you around an endurance run. As you build fitness you might be surprised to find runs get easier as you go along but only if the pace is sensible early on.
- 3 Increase training gradually.** Stick to a plan which has gradual progressions without any sudden increases in the amount of running. Running is demanding on your body so it is important to balance the training with rest days and cross training to give it chance to adapt.
- 4 Be adaptable.** There is rarely such a thing as the perfect training build up... sometimes life gets in the way. Be adaptable and be prepared to take easier days or reshuffle things around if required. If you get any aches and pain and they aren't settling, replace runs with some cross training to give your body extra chance to recover. If you need to take any additional walk breaks in your running sessions, that's fine too. Accumulate the running time set with additional breaks as required.
- 5 Set yourself a target.** Whatever your level of experience, setting a goal is very empowering and increases your accountability. Tell a friend or better still do it with them! They can help you on those challenging days when you need that extra lift. Better still join a training group and have a shared camaraderie with many others!
- 6 Don't just run.** Running more will improve running fitness but equally increasing things too quickly will only lead to injury, especially if your body is not used to it! Use low or non-impact cross training to help build aerobic fitness (without the impact) and perform strength training exercises particularly for your legs, hips and trunk muscles to ensure you are more robust. This will also compliment your all-round fitness.

Training Guide

Easy / recovery based cardio

For less experienced/complete beginners, cross training reduces the impact from running but helps you build your running fitness. Walking, cycling or swimming are good alternatives which will still help build and maintain basic endurance and can also allow your body some recovery from the impact of running.

Aerobic running pace

This level of running is also referred to as conversation pace as you should be able to talk relatively comfortably. Think full sentences with no more than 1-2 breaths. This helps build aerobic fitness which underpins all endurance running. It is important to keep your pace comfortable in order to build endurance without undue impact on your body and reduce the risk of injury.



Sunday 8th September 2024

5K Training Schedule for teams of two

This plan has been put together by Lee Merrien and is aimed at someone who is not currently running - or may be struggling with their running - to build up to 5km in 8 weeks using 2 or 3 runs per week.

If you don't want to train on your own, check Lee's 'get into running' courses at www.leemerrienrunning.com and be part of supportive group all starting from the same starting point.

COMPLETE BEGINNERS 5km Training Plan

KEY See overleaf for full details



Weeks to go	15-Jul-24	16-Jul-24	17-Jul-24	18-Jul-24	19-Jul-24	20-Jul-24	21-Jul-24
8	Rest day	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 30 secs, walk 90 secs x 6-8 times, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 1 min, walk 2 mins x 8, walk 5 mins as a cool down	Complete rest day
7	Repeat Saturday or perform 30 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 2 mins, walk 2 mins x 6, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 2 mins, walk 2 mins x 7, walk 5 mins as a cool down	Complete rest day
6	Repeat Saturday or perform 30 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 3 mins, walk 2 mins x 5, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 4 mins, walk 2 mins x 5, walk 5 mins as a cool down	Complete rest day
5	Repeat Saturday or perform 30 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 6 mins, walk 3 mins x 4, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 8 mins, walk 3 mins x 3, walk 5 mins as a cool down	Complete rest day
4	Repeat Saturday or perform 30 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 10 mins, walk 4 mins x 4, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 12 mins, walk 3 mins, run 12 mins, walk 3 mins, run 6 mins, walk 5 mins as a cool down	Complete rest day
3	Repeat Saturday or perform 30 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 15 mins, walk 3 mins, run 15 mins, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 20 mins, walk 5 mins, run 10 mins, walk 5 mins as a cool down	Complete rest day
2	Repeat Saturday or perform 30 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 25 mins, walk 5 mins, run 5 mins, walk 5 mins as a cool down	Optional rest day or conditioning day	Complete rest day	Join our Get into Running group or walk 5 mins, then run 30 mins, walk 5 mins as a cool down	Complete rest day
1	20 minutes light cardio such as swim, cycle or walk.	Optional rest day or conditioning day	Join our Get into Running group or walk 5 mins, then run 1 min, walk 1 min x 10, walk 5 min as a cool down	Optional rest day or conditioning day	20 minutes light cardio such as swim, cycle or walk.	Complete rest day	Investec Guernsey Mind 2x 5km relay

QUICK TIPS

Cliché as it is, take things one run at a time, don't worry about the pace & keep the efforts at a level which you can comfortably hold a conversation.

Having a goal is great but make sure you share it with someone so they can support and encourage you. A reminder somewhere to help create some accountability is also a good idea.

Remember to warm-up thoroughly, start with a walk and include some dynamic warm-up exercises to enhance your warm-up further.

Rest is important! This is when our body adapts to the training, so make sure you have at least one to two days off between your runs.

Ever thought about joining a group? Training in a group is fun and social. Why not checkout our groups www.leemerrienrunning.com

If group times don't work for you, arranging to train with a friend can help with accountability and make the training more enjoyable too, plus you can talk to make sure you get the pace right!

Leading into the last week of training, it is time to start easing back on things so you are fresh and able to make the most of the good work you have put it!

In the last week it's worth remembering you are unlikely to get any fitter now - just more tired! Stick to the plan and keep things nice and easy this week - save your energy for the day of the run!