



From Nothing To Your First Fun Run

13km seems a long way when you haven't completed a fun run of this length before but it doesn't need to be daunting if you know how to prepare for it. What I have come up with is a simple 8 week program that will get you in shape to not only complete the course but do it with a smile on your face because you have prepared properly for it.

I have always prescribed to the motto of the 5P's – 'Prior Preparation Prevents Poor Performance.' Now I have not written a program for elite athletes here but for the person who wants to complete the distance whether it means walking, jogging, running or all of the above during the 13km's.

Let's get started.

1. Seek a medical check up if you haven't exercised for a long period
2. Get fitted with the right pair of running shoes.
3. Always warm up & stretch before a workout.

Note:

Use your breathing as your guide when running. You should be able to carry on a conversation while running and your breathing shouldn't be heavy.

..... continued over



<p>Week 1</p> <p>Walk for 30 min at a medium pace. Do this 3 times in the week. Have a day rest in between workouts</p>	<p>Week 2</p> <p>Walk for 6min at a medium pace then Jog Easy 1min Repeat this 3 times in the workout. Have a day rest in between workouts</p>
<p>Week 3</p> <p>Walk 5 min at a medium pace then Jog Easy 2 min Repeat this 3 times in the workout. Have a day rest in between workouts</p>	<p>Week 4</p> <p>Walk 4min at a medium pace then Jog Easy 3min Repeat this 3 times in the workout. Have a day rest in between workouts</p>
<p>Week 5</p> <p>Walk 4min at a medium pace then Jog Easy 3min Repeat this 4 times in the workout. Have a day rest in between workouts</p>	<p>Week 6</p> <p>Walk 2 min at an Easy pace then Jog Easy 5min Repeat this 4 times in the workout. Have a day rest in between workouts</p>
<p>Week 7</p> <p>Walk 4 min at a Medium pace the Jog Medium 6 min Repeat this 4 times in the workout. Have a day rest in between workouts</p>	<p>Week 8</p> <p>Walk 4 min at a Medium pace then Jog Medium 6min Repeat this 2 times in the workout. Have a day rest in between workouts</p> <p>Finish your 2nd workout by Thurs & rest your legs for the event from this day. It is always better to start an event with fresh legs!</p>