



# Get Me Started – Produced by Run Together

How do I 'run'?

Everyone will have their own unique running style so experiment with what works for you. Why not start with walking, speed it up, use your arms to help power you along then when you feel ready just let yourself break in to a jog!

## Top Tips

- **Use your arms** - they help you run more than you think. Try not to let them cross your body and keep your elbows roughly at a 90-degree bend. Think about your hand being level to your shoulder then powering it back to level with your trouser pocket. Socket to pocket!!
- **Feet** – try and land on your mid foot if you can and directly underneath your hips rather than out in front of you
- **Breathing** – open your chest with some arm big arm circles before you run then in your warm up practise breathing in for 2, out for 2, to get in to a rhythm. Try and maintain this for your session.
- **Start slow** – you're excited about running and that's great but setting off at high speed may just bring a halt to your session. Start slow and you'll have the energy to finish your run.

**There's no shame in walking your first run to get you started...**

Week	Warm up	Main session	Cool down
1	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>8x 1min running, 1 ½ mins walk recovery</b> <i>You might want to start walking then break in to a jog. Your walk is your time to catch your breath, so try not to stop if possible. Try this session three times during week 1.</i>	<i>First session done!</i> 5min <b>walk</b> and don't forget to <b>stretch</b>
2	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>6 sets of 1 ½ minutes running, 2 minutes walking.</b> <i>Keep walking in your recovery, Take it slow and see what markers you'll reach this time! Try this session three times during week 2 of your training.</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
3	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>2 sets of 1 ½ minute running, 1 ½ minutes walking followed by 3 minutes, running, 3 minutes walking</b> <i>Try this three times in your fourth week of training.</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
4	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>3 minutes running, 1 ½ minutes walking, 5 minutes running, 2 ½ minutes walking, 3 minutes running, 1 ½ minutes walking, 5 minutes running</b> <i>Pace yourself these are longer intervals. Try this three times in your fourth week of training.</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
5	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>8 minutes running, 5 minutes walking, 8 minutes running</b> <i>If you're finding it tough keep counting to 100 until the 8 minutes is up. Try this twice during week five.</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
5	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>20mins continuous run</b> <i>If you need to have a break and walk a bit that's fine</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
6	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>10 minutes running, 3 minutes walking, 10 minutes running.</b> <i>If you found the 20min run a struggle don't worry you can have another go here but in 2 chunks. Try this twice during week six.</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
6	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>25mins continuous run</b> <i>Walk for a short break if need be. Good news, you only need to complete this session once this week!</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
7	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>25mins continuous run</b> <i>Try and complete this run three times during week seven! Keep it up, you are nearly at your goal!</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
8	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>28mins continuous run</b> <i>Break the run into chunks if need be. Try this three times during week eight!</i>	5min <b>walk</b> and don't forget to <b>stretch</b>
9	5min <b>brisk walk</b> or why not try one of our warm up activity cards	<b>Time to hit your goal! 30mins continuous run</b> <i>You have three attempts this week to test yourself running for 30 minutes. You made it, Great work!</i>	5min <b>walk</b> and don't forget to <b>stretch</b>