Swindon Shin Splints

Beginners Group Training Plan

The Aim
Our aim is to ease you into running gradually. In fact, the beginners programme outlined here is less of a running regimen and more of a walking and jogging programme. The idea is to transform you into a runner, working with you to enable you to run 5K in just ten weeks, or longer if you need it.

Reasons for Failure
Too many people have been put off of running because they start off too fast. Their bodies rebel, and they wind up disheartened and wondering why on earth anyone would possibly want to run!

Being Patient
It's easy to feel tempted to skip ahead in the programme, especially when you have a good session - but be patient. Don't try to do more, even if you feel you can.

However if you find the programme too strenuous, just stretch it out. Don't feel pressured to go faster than you're able. Repeat weeks if needed and move ahead only when you feel ready.

Run for Time
We will be measuring our workouts by time not distance.

How Much Time Do I Need?
Try to run three times a week, with a day off in between. Don't use lack of time as an excuse not to go out. We all live busy lives and sometimes feel that we can't fit it all in, but try to, you'll feel so much better for it and will also make more progress this way.

Just Do What You Can When You Can
Each session should take about 20 - 30 minutes, three times a week, which is well on the way to the recommended level of 5 x 30 minutes of exercise a week. This programme will get you fit. Runners who run more often than this are doing it for more than just fitness, they have the running bug and before long you may find that you have caught it too!

Be sure to space out your running days in the week to give yourself a chance to rest and recover. Don't worry about the pace you're running at, running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the length or time or distance you run.

Good Luck and Enjoy!

Beginners Training Programme

We've done 2 weeks introduction to running. The 10 week training programme below is split into 2 sessions, these are in addition to our Saturday session, call it homework if you like. If you happen to miss a Saturday session don't panic, just do one of these sessions twice to give you the three workouts for the week.

Remember this is just a guide, do what you can. Also try to leave at least a day between each session to rest and recover.

Make sure you do a brisk five-minute warm-up walk before each workout

Week	Session 1			Session 2		
WK 1	Alternate 60 seconds jogging followed by 90 seconds walking for a total of 20 minutes			Alternate 70 seconds jogging followed by 90 seconds walking for a total of 20 minutes		
WK 2	Alternate 90 seconds jogging followed by 2 minutes walking for a total of 20 minutes			Alternate 90 seconds jogging followed by 90 seconds walking for a total of 20 minutes		
WK 3	Repeat the following twice Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk 3 minutes			Repeat the following twice Jog 2 minutes Walk 2 minutes Jog 3 minutes Walk 3 minutes		
WK 4	Jog 3 minutes Walk 90 seconds Jog 5 minutes Walk 2.5 minutes Jog 3 minutes Walk 90 seconds Jog 5 minutes			Jog 3 minutes Walk 2 minutes Jog 5 minutes Walk 2 minutes Jog 3 minutes Walk 2 minutes Jog 5 minutes		
WK 5	Jog 5 minutes Walk 3 minutes Jog 5 minutes Walk 3 minutes Jog 5 minutes			Jog 8 minutes Walk 5 minutes Jog 8 minutes		
WK 6	Jog 5 minutes Walk 3 minutes Jog 8 minutes Walk 3 minutes Jog 5 minutes			Jog 10 minutes Walk 3 minutes Jog 10 minutes		
WK 7	Jog 25 minutes			Jog 25 minutes		
WK 8	Jog 28 minutes			Jog 28 minutes		
WK 9	Jog 30 minutes	Jog 25 minutes		Jog 20 minutes		
WK 10	**We will be running 5K without walking!**					