

WOMEN'S Running

YOUR LIFE IN MOTION

Lose Weight

TIPS FROM A RUNNING COACH

YOUR BEST 5k

TRAINING PLANS FOR EVERY KIND OF RUNNER

GET FIT FAST

THE ULTIMATE ALL-IN-ONE WORKOUT

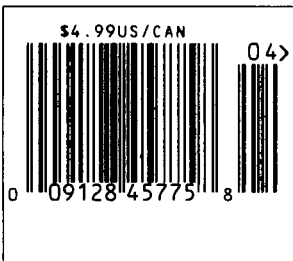
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For the Beginning Runner

THE RUN/WALK PROGRAM



THE COACH: CARLA GREGOR Many of my beginner runners like that I look like a real woman. At 51 years old, I'm an RRCA-certified running coach who leads a program for beginning female runners (startrightfitness.com). Eight years ago I was diagnosed with systemic lupus and rheumatoid arthritis, which interrupts my training from time to time and forces me to start all over again. This has made me a better coach because the challenges beginning runners face are fresh in my mind.

THIS PLAN'S FOR YOU IF ... You're interested in running, but don't know how to start. The beginners who come through my training programs are all ages and many shapes and sizes. They are women recovering from strokes, breast-cancer survivors, stay-at-home-moms who've just had babies, lawyers, pediatricians and police officers who need an outlet for stress. Most of them call me with concerns before the first day of training and say things like, "I haven't exercised in 20 years!" or "I'm so slow." I promise them, and you, that with this program, you'll not only overcome these fears, but reach your goal of finishing your first 5k race.

THE RUN/WALK PROGRAM

Be sure to check with your doctor prior to starting any fitness program. This 10-week program is based on running four days a week. Participants should be capable of walking briskly for 20 minutes before starting this plan. As a beginner, do not run more than two training days in a row. Remember to train, not strain, by taking rest days.

This training program builds gradually and will allow you to finish your first 5k feeling strong. Repeat each workout four times throughout the week, spacing the training days evenly. For each workout, warm up and cool down with a five-minute walk. "4 x (5 min walk + 2 min run)" means walk for five minutes and run for two minutes, then repeat the set three more times.

During your training program, the first few sets of running may feel uncomfortable. If you have difficulty, take it slow. With regular workouts and persistence, you'll start to enjoy running.

Week	Run/Walk Workout (Repeat 4 Times Per Week)
1	5 min warm-up, 4 x (5 min walk + 2 min run)
2	5 min warm-up, 4 x (5 min walk + 3 min run)
3	5 min warm-up, 3 x (5 min walk + 5 min run)
4	5 min warm-up, 2 x (5 min walk + 8 min run)
5	5 min warm-up, 2 x (5 min walk + 10 min run)
6	5 min warm-up, 2 x (5 min walk + 12 min run)
7	5 min warm-up, 2 x (5 min walk + 14 min run)
8	5 min warm-up, 2 x (5 min walk + 16 min run)
9	5 min warm-up, 2 x (5 min walk + 18 min run)
10	5 min warm-up, 40 min run

