



# Learn 2 Run

Welkom to the Learn To Run program of Nicola :p

<b>Name trainer:</b>		<b>Name runner:</b>	
<b>Time classes:</b>		<b>Name runbuddy:</b>	
<b>Location classes:</b>		<b>Total classes:</b>	10

What you'll learn in the classes:

Correct warming up	Correct running economy	Supportive exercises	Correct cooling down
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! Your guide is a certified Personal Trainer with plenty of knowledge to help you with whatever questions you have. If you have any questions, please ask them so he/she can help you out.

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### **Clothing and equipment**

You don't need much to start running even though there are some things that will make it easier. Wear comfortable and well breathing clothes adapted to the season and weather conditions you'll be running in. Make sure that you're visible for traffic when running on the street and either wear one part of your headset or don't put your music too loud so that you're well aware of your surroundings.

Your running shoes do not have to be expensive but wear shoes that will not hurt your feet and which are made for running. A heart rate monitor or watch with interval function are always nice bonuses but not really needed for beginners.

### **Food**

Make sure to eat and drink something small to gain some energy before running like some fruit. Big meals tend to lay heavy on your stomach when you go running, preventing you to have a decent run.

The longer you'll run the more carbs you'll need but in our 0-5km run you won't need that much. If you're not taking any water on your run, drink at least a glass or two before you go so that you'll be hydrated for first half hour. The less hydrated your body gets the less you'll perform so always try to take at least a small bottle of water.

### **Breathing**

Good breathing will help you run longer distances and run with less pain.

Try to breathe equally through your mouth and nose, the more oxygen your body can take in at once the more of it will go to your muscles and prevent cramping.

Een goede ademhaling zal je helpen langer en met minder pijn te kunnen lopen.

Breathing while running will occur mostly through your stomach and a little bit in your chest but when you're walking it is very important to breathe only through your stomach.

Take little breaths during running on the rhythm of your feet. Left breath in, right breath in, left breath out, right breath out, this is called rhythmic breathing which I explained during our first classes.

### **Running technique**

A wrong footstrike can cause a lot of injuries, make sure you land on the ball of your foot and not your heels or toes.

The exercise to make you feel this during our classes shows you that it does hurt a lot landing on your heels and toes.

Make sure your knees are bent when landing otherwise your knees will receive tremendous stress.

Tightening your abs during running is as important as breathing correctly, you don't have to tighten them so much you'll not be able to breathe, just pulling in your belly button is.

Pull your shoulders together and wave your arms gently so that your upper body will not lose too much energy running. Also don't pinch your fists together but just let your hands relax.

Keep your head and chest up high during running, don't wave your head and focus on 1 point where you'll be running towards instead of looking down at the ground. You'll have a better view of traffic and the environment but you'll also get less problems with your upper back.

Try to lean forward with your body when running, as if you're constantly falling and your nose is sticking out in front of your toes. This will help you save lots of energy and perform much better.



## Stretching exercises

Stretching exercises are very important to signal our muscles that they can relax and start repairing themselves again but also to get out of the mindset you're in. Shortened and tight muscles lead to bad posture and compensational behavior which leads to injuries and appointments to the physiologist.

When we run we use more than just our legs. Make sure you have a little stretching routine after running where you stretch both sides (left+right) 20 seconds.



Neck muscles

Shoulders

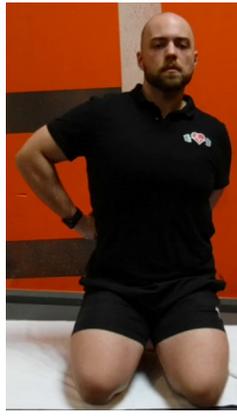
Triceps



Biceps, shoulders



Pecs



Pecish



Scapula



Side abs + back



Scapula



Abdominals



Lower back and upper back



Quads

Calves

Hamstrings

Hipflexors



Inside legs

Glutes

Front lower leg

Arm extensors



Obliquus

Lower back, hamstrings



## Learn To Run

### **Name:**

Heartrate max:

Heartrate rest:

Heartrate zone walking:

Heartrate zone running:

### **Checklist before starting**

0 Right running shoes + seasonal clothing

0 Heartrate monitor

0 Small bottle of water or carb gel

### Warming up:

Make sure you're always well hydrated before you start running or take something small with you. Always start with a little warming up, like we learned in class, to loosen up your muscles.

### Training 0-5km

#### **WEEK 1** (Remember your running technique)

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
1' walking	1' walking	1' walking
1' running	1' running	1' running
1' walking	1' walking	1' walking
1' running	1' running	1' running
1' walking	2' walking	1' walking
1' running	2' running	1' running
2' walking	2' walking	2' walking
2' running	2' running	2' running
2' walking	3' walking	2' walking
2' running	3' running	2' running
3' walking	3' walking	3' walking
3' running	3' running	3' running
1' walking	2' walking	1' walking
1' running	2' running	1' running
3' walking-off	3' walking-off	3' walking-off
<b><u>Total</u></b> 14' walked 11' ran	<b><u>Total</u></b> 17' walked 14' ran	<b><u>Total</u></b> 14' walked 11' ran

### Cooling down:

Stretch all of your muscles for 20 seconds (left+right) to make sure they don't shorten and you recuperate much better.

Don't forget that rest is equally important to food and training. If you want to train other days then work on strenghtening your muscles. Personal training or bootcamp sessions can help you with this.



## Learn To Run

### **Name:**

Heartrate max:

Heartrate rest:

Heartrate zone walking:

Heartrate zone running:

### **Checklist before starting**

0 Right running shoes + seasonal clothing

0 Heartrate monitor

0 Small bottle of water or carb gel

### Warming up:

Make sure you're always well hydrated before you start running or take something small with you. Always start with a little warming up, like we learned in class, to loosen up your muscles.

### Training 0-5km

#### **WEEK 2** (Remember your running technique)

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
1' walking	2' walking	1' walking
1' running	2' running	1' running
2' walking	3' walking	2' walking
2' running	3' running	2' running
2' walking	3' walking	2' walking
2' running	3' running	2' running
3' walking	3' walking	3' walking
3' running	3' running	3' running
3' walking	3' walking	3' walking
3' running	3' running	3' running
2' walking	2' walking	2' walking
2' running	2' running	2' running
2' walking	2' walking	2' walking
2' running	2' running	2' running
3' walking-off	3' walking-off	3' walking-off
<b><u>Total</u></b> 18' walked 15' ran	<b><u>Total</u></b> 21' walked 18' ran	<b><u>Total</u></b> 18' walked 15' ran

### Cooling down:

Stretch all of your muscles for 20 seconds (left+right) to make sure they don't shorten and you recuperate much better.

Don't forget that rest is equally important to food and training. If you want to train other days then work on strenghtening your muscles. Personal training or bootcamp sessions can help you with this.



## Learn To Run

### **Name:**

Heartrate max:

Heartrate rest:

Heartrate zone walking:

Heartrate zone running:

### **Checklist before starting**

0 Right running shoes + seasonal clothing

0 Heartrate monitor

0 Small bottle of water or carb gel

### Warming up:

Make sure you're always well hydrated before you start running or take something small with you. Always start with a little warming up, like we learned in class, to loosen up your muscles.

### Training 0-5km

#### **WEEK 3-4** (Remember your running technique)

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
2' walking	3' walking	2' walking
3' running	3' running	3' running
3' walking	2' walking	3' walking
3' running	3' running	3' running
3' walking	2' walking	3' walking
3' running	3' running	3' running
3' walking	5' walking	3' walking
5' running	3' running	5' running
3' walking	2' walking	3' walking
5' running	3' running	5' running
3' walking	2' walking	3' walking
3' running	3' running	3' running
5' walking-off	2' walking	5' walking-off
	2' running	
	2' walking	
	2' running	
	5' walking-off	
<b>Total</b> 22' walked 19' ran	<b>Total</b> 25' walked 22' ran	<b>Total</b> 22' walked 19' ran

### Cooling down:

Stretch all of your muscles for 20 seconds (left+right) to make sure they don't shorten and you recuperate much better.

Don't forget that rest is equally important to food and training. If you want to train other days then work on strengthening your muscles. Personal training or bootcamp sessions can help you with this.



**Learn To Run**

**Name:**

Heartrate max:

Heartrate rest:

Heartrate zone walking:

Heartrate zone running:

**Checklist before starting**

0 Right running shoes + seasonal clothing

0 Heartrate monitor

0 Small bottle of water or carb gel

**Warming up:**

Make sure you're always well hydrated before you start running or take something small with you. Always start with a little warming up, like we learned in class, to loosen up your muscles.

**Training 0-5km**

**WEEK 5-6** (Remember your running technique)

<b><u>Day 1</u></b>	<b><u>Day 2</u></b>	<b><u>Day 3</u></b>
5' walking	5' walking	5' walking
4' running	4' running	4' running
4' walking	3' walking	4' walking
4' running	4' running	4' running
4' walking	3' walking	4' walking
4' running	7' running	4' running
4' walking	4' walking	4' walking
8' running	7' running	8' running
4' walking	4' walking	4' walking
3' running	4' running	3' running
5' walking-off	10' walking-off	5' walking-off
<b><u>Total</u></b> 26' walked 23' ran	<b><u>Total</u></b> 29' walked 26' ran	<b><u>Total</u></b> 26' walked 23' ran

**Cooling down:**

Stretch all of your muscles for 20 seconds (left+right) to make sure they don't shorten and you recuperate much better.

Don't forget that rest is equally important to food and training. If you want to train other days then work on strenghtening your muscles. Personal training or bootcamp sessions can help you with this.









# Congratulations !!!

**You're finally able to run 5km or 35minutes without stopping**

Enter a 5K competition to set an official time on all of the hard work you did the last 10 weeks. You should be proud that you ran the entire 10 weeks and were able to finish.

If you just want to maintain your current level then keep on running week 10, but lets be honest, why stop here if you are able to run a 10K as well. A couple of months ago you probably thought you would never be able to run a 5K while this is peanuts now.











