

## **A Beginners Start up Guide from Newmarket Joggers.**

If you are thinking of starting running and need some guidance, here is a structured plan to build you up gradually. A run/walk plan is a proven method to build fitness and conditioning while allowing the body to slowly develop the base strength to cope the impact of running.

If you have a medical condition, always seek the advice of your doctor before start a regime of strenuous exercise.

Frequent short sessions, about 3 times a week, are a great way to kick-start your training and will give you the confidence to progress as you get stronger. The “run/walk” philosophy is important as the walking breaks allow some recovery while keeping the body working and conditioning in a safe way. Drink something regularly during the day and eat regularly to stay hydrated and maintain energy levels before exercising.

**Please start gradually and resist the temptation to go out on week 1 and push too hard or run too far.**

Even in the Winter, there are lots of safe, street lit areas in the town where we can start up our progressive plan and slot it in to your busy day.

Comfortable trainers and some warm leisure clothes is all you need to start off with. You can always treat yourself to more specialised kit as you go on. We recommend a high viz jacket or gillet to keep you safe and Newmarket Joggers always train in high viz in the Winter time.

Listen to your body and don't be afraid to ease back occasionally and have an easier week. You can then build up again as you feel stronger.

**Always start off each session by walking briskly for a few hundred yards, this will warm you up gently by increasing blood flow around the body. Don't do static stretches when you are cold and stiff. Always walk for a period at the end of your session to allow a graduated cool down before finishing. A series of safe stretches\* are recommend after each session.**

Have fun!

- **Week 1** Run one min, walk 90 seconds. Repeat eight times. Do three times a week.
- **Week 2** Run two mins, walk one min. Repeat seven times. Do three times a week.
- **Week 3** Run three mins walk one mins. Repeat six times. Do three times a week.
- **Week 4** Run five mins, walk two mins. Repeat four times. Do three times a week.
- **Week 5** Run eight mins, walk two mins. Repeat three times. Do three times a week.
- **Week 6** Run 12 mins, walk one min. Repeat three times. Do three times a week.
- **Week 7** Run 15 mins, walk one min, Run fifteen mins. Do three times a week
- **Week 8** Run 30 mins continuously.

## Stretches

- 1. **Back of Thigh**
  - (Hamstrings)
  - • One leg in front of the other, straight knee
  - • Hands on bent knee or hips
  - • Sit back on support leg, with bottom out and back straight
  - • You should feel the stretch on the back of the thigh of the straight leg
- 2. **Front of Thigh**
  - (Quadriceps)
  - • Knees level
  - • Support leg slightly bent
  - • Stand tall with tummy in
  - • You should feel the stretch on the front of the thigh
- 3. **Inside Thigh**
  - (Adductors)
  - • Stand with feet a little over shoulder width apart
  - • Feet face forward
  - • Lean to one side, bending that knee without bending at the waist
  - • You should feel the stretch on the inside thigh of your straight leg
- 4. **Back of Lower Leg – Calf**
  - (Gastrocnemius)
  - • Toes point forward
  - • Knee straight
  - • Heels of rear foot flat on floor
  - • You should feel the stretch at the back of the rear lower leg
- 5. **Back of Lower Leg – Calf**
  - (Soleus)
  - • Toes point forward
  - • Knees slightly flexed
  - • Heels flat on the ground
  - • You should feel the stretch in the lowest part of calf of the rear leg.
- 6. **Outside of Thigh & Hip**
  - (Iliotibial Band)
  - • Cross left foot behind right
  - • Slightly flex the left knee
  - • Push hip of left leg to the left (away from centre of body)
  - • Swap legs
- 7. **Side of Trunk**
  - • Stand with feet a little over shoulder width apart
  - • Keep back straight
  - • Take arm over head
  - • You should feel the stretch down the side of the Trunk