



FITNESS

RUNNING GUIDE



INTRO

Welcome to the Next Level Guide to Running.

This guide is for anyone of any level, whether that be a complete beginner or someone who has run a 5k or 10k and wants to take it up another level.

Even if you've never run before; running is a great way to move more, explore the outdoors and look after your health. Best of all you don't need any equipment.

But what if you haven't run before?..

Well, if you are working with us already you will be building a baseline level of fitness. It is our belief that anything you do in training should translate into all-round health and wellbeing that makes you more capable to take on new challenges.

Your fitness is what gives you confidence in day to day activities.

Building on that baseline of fitness, anything else is just a matter of time and directions. This is especially true for running. I personally hated running when I was younger and now I can run with ease.

Like all training, running is simply a case of starting small, building up in small bite sized steps and giving your body some time to recover. Follow the program and be patient!

In this guide are three programs; one to take you from a complete beginner to running your first 5k, a second to take you from 5k to 10k and then the final page lays out the steps to go beyond.

Allow 4 weeks for each program.

Provided you are happy to put in the time, the rewards will be worth it.

- Sean & the Next Level Team

Couch to 5k

RUNNING PLAN

	MON	BASE RUN 1	WED	BASE RUN 2	FRI	LONG RUN	SUN
WEEK 1	X	5 minute walk 1 minute run 90 seconds walk 20 min total	X	5 minute walk 90 seconds run 2 minutes walk 20 min total	X	5 minute walk 2KM FOR TIME take rests as needed	X
WEEK 2	X	5 minute walk 2 minutes run 2 minutes walk repeat 4 times	X	5 minute walk 3 minutes run 90 seconds walk repeat 4 times	X	5 minute walk 3KM FOR TIME take rests as needed	X
WEEK 3	X	5 minute walk 5 minutes run 3 minutes walk repeat 3 times	X	5 minute walk 8 minutes run 5 minute walk repeat twice	X	5 minute walk 20 MIN RUN no rest	X
WEEK 4	X	5 minute walk 6 minutes run 3 minutes walk repeat 3 times	X	5 minute walk 10 minutes run 3 minute walk repeat twice	X	RACE DAY 5 minute walk 5KM RUN no rest	X

From 5k to 10K

RUNNING PLAN

	MON	BASE RUN 1	WED	BASE RUN 2	FRI	LONG RUN	SUN
WEEK 1	X	3K Easy Run	X	3K Easy Run	X	5K Long Run	X
WEEK 2	X	4K Easy Run	X	4K Easy Run	X	6.5K Long Run	X
WEEK 3	X	5K Easy Run	X	5K Easy Run	X	8K Long Run	X
WEEK 4	X	5K Easy Run	X	5K Easy Run	X	10K RACE DAY	X



BEYOND 10K

As you progress with running you will find you are able to make bigger jumps in distance. These next steps will take you from 10k, to half-marathon, even through to a full marathon if you so wish.

Once you have built your base level fitness, the obstacles that once held you back may no longer be there. Your breathing should be good and instead you find yourself facing new challenges you didn't see coming... tight legs, energy... generally recovery and your body getting used to the volume of work.

Beyond 10k it is more about a series of principles than a set plan. Counterintuitively, you don't need to run big distances every day to progress. The format you used to get here will work well.

We recommend keeping one day for your long runs (usually the weekend) and then use the other one to two sessions (usually middle of the week) to work on other aspects of your running. Sessions outside of your long run can be anywhere between 20 minutes to an hour.

MON	RUN 1	WED	RUN 2	FRI	LONG RUN	SUN
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Here's what to do.

MAIN WORK

LONG RUNS: Usually done once per week, this is your distance work and should be done at a comfortable pace. Aim to increase your distance 10% each week

EASY RUNS: Easy runs should make up the largest portion of your training. Easy runs don't rely on much structure, they're the parks runs, the laps around your block, the ones you do with your friends. Easy runs allow you to recover and are a great way to build up your general stamina. Easy runs should be done at a pace where you can comfortably hold a conversation.

BEYOND 10K continued.



SPEED WORK

FARTLEK: Fartlek is the Swedish for "speed play," and is just that. Fartlek is unstructured and alternates between moderate to hard efforts with easy effort work throughout. After a warm up, you play with speed by running at faster efforts for short periods of time (to that tree, to the sign) followed by easy-effort running to recover. It's fun in a group setting as you can alternate the leader to mix up the pace and time.

TEMPO RUN: Defined as comfortably hard this is where you can push your pace and stretch your comfort level. Start with a warm up and then you want to be working in a zone where you can hear your breathing and it feels tough but you're not so tired you can't talk at all. Aim to hold this pace for at least 20 minutes to reap the benefits and then cool down.

INTERVALS: Similar to Fartlek where you change the pace but this time you apply a structure. Have set work / rest periods eg. where you run hard for 1 minute and then run at a relaxed pace for 1 minute.

12 x 400M ETC: Another way to view your distance training and push your pace. Break your run down into smaller blocks of 100/200/400/800m and approach them like a workout in the gym. Allow at least 60 seconds in between sets and this will allow you to push your pace further.