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Start Running!!

If you are thinking about starting to run – to get fit, to keep up with the kids, to take part in the January Jog or a charity event like the Breast Cancer 5k races coming up in spring – here are some hints and tips, courtesy of Newport and District Running Club, and Runners' World magazine.

How do I get started?

The trick is to start slowly, don't expect too much and enjoy the experience. Start by walking for an amount of time that feels comfortable - anywhere from 10 to 30 minutes. Have a rest day and then have another go. Once you can walk for 30 minutes easily, add in a bit of running by using the schedule below. This gradually increases:

- How many running spurts you include in your half hour walk
- How long you run in each spurt.

As time goes on, make the running intervals longer, until you are running for 30 minutes straight.

Try out this schedule

Whatever your level of fitness now, you should comfortably be able to build from nothing to running continuously for 30 minutes in the space of eight weeks. All you need to do is make a commitment to run at least three times a week. As soon as you can walk non stop and comfortably for 30 minutes, and have built your walks up to three times a week, try adding in some running into each walk.

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.



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I always feel out of breath when I run. Is something wrong?

Running causes you to breathe harder than usual, so some amount of huffing and puffing is normal. Most of that out-of-breath feeling diminishes as you become fitter. Concentrate on breathing from deep down in your belly, and if you have to, slow down or take walking breaks. If the breathlessness persists, ask your doctor about the possibility that you may have asthma.

Remember

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run. Respecting your body is the best route to progression.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Take heart! You **will** get there!

For more information visit www.runnersworld.co.uk/news/article.asp?UAN=24

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