

Ripon Runners 16 week Beginners Course								
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The following programme has been designed to take the average healthy adult from walking to running their first 10k
Please make sure you are in good health, if you have any concerns please see your doctor before starting this course

You do this programme at your own risk, Ripon Runners cannot be held responsible for any injuries suffered as a result of following this training schedule

If possible start your training running round a field, a grass surface is much kinder than tarmac to your joints whilst your body gets used to your new activity.

Please make sure you wear comfortable clothing and supportive trainers with plenty of cushioning.

If running at night make sure you wear hi-viz /reflective clothing so motorists can see you

Follow the schedule as best you can, little and often is better than trying to run for 30 mins once a week

We are all different, if you feel you need to repeat a week as the running time increases please do.

Similarly, if the first few weeks are too easy then simply progress more quickly through the schedule

NB. Each session should be started with 10mins warm up (brisk walking, arm movements, side to side walking or skipping) and finish with 10-15 min stretching and cool down (important to stretch whilst muscles warm - focus on Calves, Hamstrings and Quadrecepts)

<u>Week</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
1	rest	run 1 min then walk 1 min 10 times (total 10min running)	rest	run 1 min then walk 1 min 10 times (total 10min running)	rest	Either Saturday or Sunday 20 minutes of activity to get you out of breath eg cycle/swim/brisk walk/dance	
2	rest	run 2 min then walk 1 min 6 times (total 12min running)	rest	run 2 min then walk 1 min 6 times (total 12min running)	rest	same as week 1	

<u>Week</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
3	rest	run 2 min then walk 1 min 7 times (total 14min running)	rest	run 2 min then walk 1 min 7 times 3rd run do 3 mins (total 15min running)	rest	same as week 1	
4	rest	run 3 min then walk 1 min 5 times (total 15min running)	rest	run 3 min then walk 1 min 6 times (total 18min running)	rest	Either Saturday or Sunday 20 minutes of run/walk on a there and back course 10 min out - 10 min back. walk when you feel you need to	
5	rest	run 4 min then walk 1 min 4 times (total 16min running)	rest	run 4 min then walk 1 min 4 times 2nd run do 5 min (total 17 min running)	rest	same as week 4	
6	rest	run 5 min then walk 1 min 4 times (total 20 min running)	rest	run 5 min then walk 1 min 4 times (total 20 min running)	rest	same as week 4	
7	rest	run 6 min then walk 1 min 4 times (total 24 min running)	rest	run 6 min then walk 1 min 4 times total 24 min running)	rest	Either Saturday or Sunday 30 minutes of run walk on a there and back course 15 min out, see if you can get back under 15 min	
8	rest	run 8 min then walk 1 min 3 times (total 24 min running)	rest	run 8 min, walk 1 min run 9 min, walk 1 min run 8 min (total 25 min running)	rest	same as week 7	

<u>Week</u>		<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>	
9		rest	run 10 min walk 1 twice (total 20 min running)	rest	run 10min, walk 30sec twice (total 20 min running)	rest	same as week 7		
10		rest	run 20min	rest	run 22 min	rest	Either Saturday or Sunday 20 min run (or longer if you feel able - go strong but steady)		
11		rest	run 25 min	rest	run 28 min	rest	same as week 10		
12		rest	run 30 min	rest	run 30 min	rest	same as week 10		
13		rest	run 35 min	rest	run 38 min	rest	Either Saturday or Sunday 30 min run (or longer if you feel able)		
14		rest	run 40 min	rest	run 45min	rest	same as week 13		
15		rest	run 50 min	rest	run 55min	rest	same as week 13		
16		rest	run 30 min	rest	run 20 min	rest	Either Saturday or Sunday enter 10K run - lots locally - use Ripon Runners website for links		
Good Luck with your training -if you have any queries about this schedule or joining Ripon Runners									
please email lisavsorby@yahoo.co.uk									