

runmum.org

RUNMUM Finding Your Feet 5 km Program

This program is a guide to getting you able to run 5 km injury free, strong and confident.

Please consult a health care professional to be cleared for any exercise program.

This program has been written by a qualified run coach and trainer.

5km in 8 weeks!

Don't forget to stay connected and let us know how you go!



Page: Runmum
Group: Runmum - RunCrew



runmums



RUNMUM Find Your Feet - 8 Week Learn to Run 5 km Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>5 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Strength training</p> <p>Equipment: Light dumbbells</p> <p>Upper Body</p> <p>Push-ups on knees x 5 reps Bicep curls with light dumbbells x 5 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Lower Body</p> <p>Dumbbell squats x 10</p> <p>Light Dumbbell alternate lunges x 10 each side</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Core</p> <p>Bicycle crunches 10 reps</p> <p>Repeat 5 sets with 60 second rest between</p> <p>Stretch or foam roll for 10 mins after each session</p>	Rest	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>5 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Rest or cross train.</p> <p>Suggestions:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>5 x 200m walk/200m run</p> <p>10 minutes of fast walking.</p>	Rest



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2	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>6 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Strength training</p> <p>Equipment: Resistance band</p> <p>Upper Body Push ups on knees x 6 reps Triceps push ups not all the way down x 5 reps Reverse Flys with resistance band x 10 reps</p> <p>Lower Body Curtsey lunge x 10 reps each side Alternating lunges x 10 reps each side Hold a squat 30 seconds</p> <p>Core Bicycle crunches x 10 reps Scissor kicks - higher up with only small movements, head down x 10 reps Plank on elbows and knees 20 seconds</p> <p>Stretch for 10 mins after each session- see stretching demo below.</p>	<p>Rest</p>	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>6 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Rest or cross train.</p> <p>Suggestions:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>6 x 200m walk/200m run</p> <p>10 minutes of fast walking.</p>	<p>Rest</p>



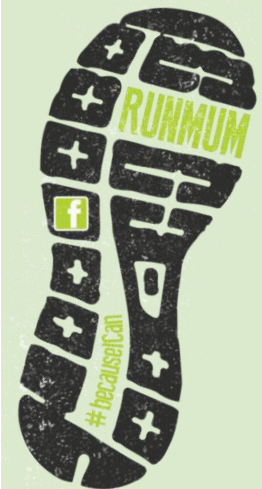
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3	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>7 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Strength training</p> <p>Equipment: light dumbbells</p> <p>Upper Body</p> <p>Bent-over back flys (light dumbbells) x 10</p> <p>Bicep curls (light dumbbells) x 10</p> <p>Repeat x 3 sets with 2-minute rest between each set.</p> <p>Lower Body</p> <p>Step-ups holding light dumbbells x 8 reps each leg, alternating legs each step</p> <p>Lunges holding light dumbbells overhead for 20 steps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Core</p> <p>Wide knee sit-ups x 10 reps</p> <p>Scissor kicks x 20 reps</p> <p>Repeat x 3 sets</p> <p>Stretch or foam roll for 10 mins after each session</p>	<p>Rest</p>	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>7 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Rest or cross train.</p> <p>Suggestions:</p> <p>Yoga</p> <p>Pilates</p> <p>Swimming</p> <p>Boxing</p> <p>Leisurely walk</p>	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>7 x 200m walk/200m run</p> <p>10 minutes of fast walking.</p>	<p>Rest</p>



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4	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Side steps for 20 m turn around and come back.</p> <p>Run backwards for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>8 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Strength training</p> <p>Equipment: light dumbbells</p> <p>Upper body</p> <p>Dumbbell standing military press with dumbbells x 10 reps Bent-over row with dumbbells x 10 reps</p> <p>Repeat x 3 sets with 60 sec rest between each set</p> <p>Lower body</p> <p>Air squats, max effort in 60 secs Donkey kicks left leg x 15 reps Donkey kicks right leg x 15 reps</p> <p>Repeat 3 sets with 60 second rest between.</p> <p>Core</p> <p>8 sit ups 5 side oblique crunch left 5 side oblique crunch right</p> <p>Repeat 2 sets with 60 second rest between</p> <p>Stretch or foam roll for 10 mins after each session</p>	<p>Rest</p>	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Side steps for 20 m turn around and come back.</p> <p>Run backwards for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>8 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Rest or cross train.</p> <p>Suggestions:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>8 x 200m walk/200m run</p> <p>10 minutes of walking.</p>	<p>Rest</p>



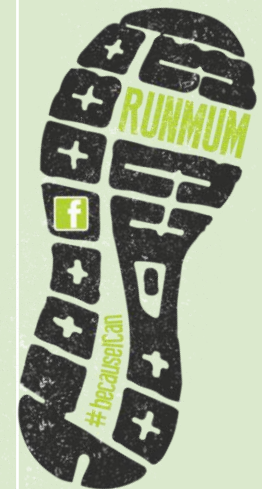
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5	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Side steps for 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>9 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Strength training</p> <p>Equipment: light dumbbells</p> <p>Upper body</p> <ul style="list-style-type: none"> - Dumbbell Military press x 12 reps - Push-ups x 6 (Drop to knees if needed) <p>3 sets with 60 second rest between each set.</p> <p>Lower body</p> <ul style="list-style-type: none"> Single leg deadlifts left x 10 reps Single leg deadlifts right x 10 reps <p>Regular sets with heavy dumbbells x 10 reps</p> <p>Repeat x 3 sets with 60 second rest between each set</p> <p>Core</p> <ul style="list-style-type: none"> 10 mountain climbers 5 sit ups <p>Repeat x 5 sets with 60 second rest between each set</p> <p>Stretch or foam roll for 10 mins after each session</p>	<p>Rest</p>	<p>Begin with:</p> <p>Walking lunges 10 per leg</p> <p>Side steps for 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>9 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Rest or cross train.</p> <p>Suggestions:</p> <ul style="list-style-type: none"> Yoga Pilates Swimming Boxing Leisurely walk 	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>9 x 200m walk/200m run</p> <p>5 minutes of walking.</p>	<p>Rest</p>



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6	<p>Begin with:</p> <p>Side steps for 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Leg swings x 10 each leg</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>10 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Strength training</p> <p>Equipment: light dumbbells, mat</p> <p>Upper body</p> <p>Push ups on knees x 10 reps Bent-over back flys (light dumbbells) x 10 reps Mountain climber x 10 reps 3 sets with 60 second rest between each set.</p> <p>Lower body</p> <p>Air squats x 20 reps Alternate lunges x 10 each leg</p> <p>3 sets with 60 second rest between each set.</p> <p>Core</p> <p>20 scissor kicks 10 side oblique crunch left 10 side oblique crunch right 30 second plank 2 sets with 60 second rest between</p> <p>Stretch or foam roll for 10 mins after each session</p>	<p>Rest</p>	<p>Begin with:</p> <p>Side steps for 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Leg swings x 10 each leg</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>10 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Begin with:</p> <p>Side steps for 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>Leg swings x 10 each leg</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>10 x 1 min walk/1 min run</p> <p>5 minutes of fast walking.</p>	<p>Rest or cross train.</p> <p>Suggestions:</p> <p>Yoga Pilates Swimming Boxing Leisurely walk</p>	<p>Begin with:</p> <p>Leg swings 10 per leg</p> <p>Butt kicks 20 m turn around and come back.</p> <p>High knees for 20m metres turn around and come back.</p> <p>5 minute warm up walk.</p> <p>Walk/Run</p> <p>10 x 200m walk/200m run</p> <p>5 minutes of walking.</p>	<p>Rest</p>



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