

RUNNING PROGRAM

LEVEL: Beginner



This program is for the inexperienced runner or a person who has not been running at all for the past two months. The program focusses on a slow and steady progression. Your body needs to adapt to this new form of exercise. In the “beginner program”, you need to practice running form and cadence, and first, when you have mastered that, you can move on to the “intermediate program.”

Speed training:

Exercises for ankles/calves and shins to help you develop your strength and ability to send signals down to your feet, so you become stronger and more enduring. Speed training is a short workout that can easily be put in 2-3 times a week, where it suits you. However, not before a run. With this type of training, the heart rate is not meant to increase, because you need to be fully focused on the quality of the exercises. See the exercises below.

Speed training: (watch the videos on the website for details)

Repeat 4 times, 2-3 times a week

1. 30 x running man
2. 30 x butt kicks
3. 30 x toe raises

Your warm-up intensity should be in zone 2, which is very light on RPE- scale:

RPE SCALE	RATE OF PERCEIVED EXERTION
10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain or more than a very short time.
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.
7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	MODERATE ACTIVITY Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeable more challenging.
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc.

WEEK	DISTANCE	KM
Week 1	Distance 8 km	Km
Monday	1 km warm-up, 1,5 m zone 4	2,5
Tuesday		
Wednesday	1 km warm-up, 1,5 km zone 4	2,5
Thursday		
Friday		
Saturday	1 km warm-up, 2 km zone 4	3
Sunday		

Week 2	Distance 9 km	Km
Monday	1 km warm-up, 2 km zone 4	3
Tuesday		
Wednesday	1 km warm-up, 2 km zone 4	3
Thursday		
Friday		
Saturday	1 km warm-up, 2 km zone 4	3
Sunday		

Week 3	Distance 10 km	Km
Monday	1 km warm-up, 2,5 km zone 6	3,5
Tuesday		
Wednesday	1 km warm-up, 2,5 km zone 6	3,5
Thursday		
Friday		

Saturday	1 km warm-up, 2 km zone 6	3
Sunday		

Week 4	Distance 11 km	Km
Monday	1 km warm-up, 3 km zone 6	4
Tuesday		
Wednesday	2 km warm-up, 200 m. x 5 zone 9 (rest as needed)	3
Thursday		
Friday		
Saturday	1 km warm-up, 3 km zone 4	4
Sunday		

Week 5	Distance 12,1 km	Km
Monday	1 km warm-up, 4 km zone 6	5
Tuesday		
Wednesday	2,5 km warm-up, 100 m. x 6 zone 10 (rest as needed)	3,1
Thursday		
Friday		
Saturday	1 km warm-up, 3 km zone 6	4
Sunday		

Week 6	Distance 13 km	Km
Monday	1 km warm-up, 2 km zone 6, 1 km zone 8	4
Tuesday		
Wednesday	1 km warm-up, 2 km zone 6, 1 km zone 8	4
Thursday		

Friday		
Saturday	1 km warm-up, 3 km zone 6, 1 km zone 8	5
Sunday		

Week 7	Distance 14,5 km	Km
Monday	1 km warm-up, 2 km zone 6, 2 km zone	5
Tuesday		
Wednesday	3 km warm-up, 200 m. x 5 zone 9 (rest as needed)	4
Thursday		
Friday		
Saturday	1 km warm-up, 2,5 km zone 6, 2 km zone 8	5,5
Sunday		

Week 8	Distance 16 km	Km
Monday	1 km warm-up, 3 km zone 6, 2 km zone 8	6
Tuesday		
Wednesday	3 km warm-up, 200 m. x 5 zone 9 (rest as needed)	4
Thursday		
Friday		
Saturday	1 km warm-up, 3 km zone 6, 2 km zone 8	6
Sunday		