

Running Programme

SPARC

Push Play is a nationwide SPARC campaign to get more people more active more often. The campaign aims to increase awareness about the benefits of regular, moderate, physical activity – and how easy it is to get active.

Push Play is based on the fact that even small amounts of activity give health benefits. The National Health Committee recommends just 30 minutes of moderate physical activity on most days of the week.

Push Play says

- ▶ physical activity is fun
- ▶ it is easy to be active
- ▶ physical activity is good for everyone
- ▶ it is never too late to start being active
- ▶ any activity is better than none
- ▶ it doesn't have to be hard to be good for you

SPARC (Sport & Recreation NZ) is the public funding agency that encourages New Zealanders to enjoy healthy active lifestyles.

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For more information about activities in your area phone

0800 ACTIVE 0800 22 84 83



Getting started
on the active way
to health

Keen to run?

Here are a few tips that will make running an easy and safe way to get fit and enjoy life.

Clothing

Light and loose is best.

Shoes

After your first few runs you will need to buy a good pair of running shoes. Not only will they prevent injuries, but they will help you run better and feel better when running.

On this brochure are points to look for in shoes.

- ▶ **What to look for in shoes**
- ▶ A good, soft, shock-absorbing wedge in the heel.
- ▶ Should bend easily, have good heel support and be comfortable.
- ▶ Allow room for your feet to spread out when running.
- ▶ Wear socks when running.

Other tips

- ▶ Running when it is cooler is preferable, first thing in the morning or at night.
- ▶ If you're self conscious find a friend to run with, form a running group or join a club. Most running clubs have novice packs for beginners.
- ▶ Always stretch before and after your run, and go slowly at the start of your run to warm up.
- ▶ Don't eat just before running, and in hot weather have a small amount of cold water before running and plenty afterwards.
- ▶ Running can help you lose weight, feel better, look better and give you confidence - but the most important thing is to follow the programme and have fun.

www.pushplay.org.nz

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Week 1

Run on a level surface, if possible.

Day 1

Walk 5 minutes. Jog 3 minutes.
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Walk 5 minutes.

Day 2

Walk 3 minutes. Jog 5 minutes.
Walk 5 minutes.

Day 3

Walk briskly for 30-40 minutes, or swim a reasonable distance according to ability.

Day 4

Rest or swim. Swimming is an excellent non-weight bearing exercise and the water will ease any soreness in the legs.

Day 5

Walk 5 minutes. Jog 3 minutes.
Walk 5 minutes. Jog 3 minutes.
Walk 5 minutes.

Day 6

Walk briskly 40 minutes or more.

Day 7

Swim or complete rest.

Week 2

A further week of jogging on level grass surfaces, if possible.

Day 1

Walk 5 minutes. Jog 3 minutes.
Walk 5 minutes. Jog 3 minutes.
Walk 5 minutes.

Day 2

Walk briskly for at least 40 minutes, or swim a reasonable distance.

Day 3

Walk 5 minutes. Jog 5 minutes.
Walk 5 minutes. Jog 5 minutes.
Walk 5 minutes.

Day 4

Alternately walk and jog for 20 minutes. Don't hesitate to drop back to a walk frequently. Jog very lightly, well within your ability.

Day 5

Walk briskly for 45 minutes, or swim. If you are feeling tired, take a day off from training completely.

Day 6

Walk 3 minutes. Jog 10 minutes.
Walk 3 minutes. Then walk and jog alternately for a further 12 minutes.

Day 7

Walk and jog alternately for a total of 20-30 minutes. Take the jogging easily.

Week 3

Include an occasional gentle hillclimb in your jog this week. If possible, remain on grass surfaces.

Day 1

Walk 3 minutes. Jog 15 minutes, try doing so without walking. Then walk for a further 5 minutes. If you cannot jog for the 15 minutes - walk a little and resume jogging as soon as you can.

Day 2

Try walking and jogging alternatively for 30-35 minutes. Do not attempt to jog the whole time, unless you are in the fitter or younger category.

Day 3

Alternate walking and jogging. Do not over-do it, but try for about 40 minutes at an easy, relaxed jog.

Day 4

Swim or complete rest.

Day 5

A longer, non-stop jog today, if you can. Walk 5 minutes then attempt to jog for 20-25 minutes without having to walk. Finish off with two or three minutes of walking to ease the legs.

Day 6

Alternate walking and jogging for 40 minutes. Walk the hills, jog the flat. Keep the pace right down in any downhill sections.

Day 7

Swim or complete rest.

Week 4

This week, start getting your legs used to running on road surfaces. Do the shorter sessions, at least, partly on the road or footpath.

Day 1

Walk 3 minutes. Then try to jog for 30 minutes, or walk a bit until you feel like jogging again. The younger or fitter runners should include some undulating terrain in this session, but the average person should keep to level ground, if possible.

Day 2

Easy day. Walk 3 minutes. Jog 12-15 minutes. Walk 3 minutes.

Day 3

Try for 30 minutes again, but keep to an easy and relaxed jog. It's the time on your feet, not the distance covered, that is important.

Day 4

Walk 3 minutes. Jog 25 minutes. Walk 10 minutes. Include hilly terrain in this session.

Day 5

Rest or swim, or a long walk.

Day 6

Those who have progressed steadily could complete a 40 minute jog at easy pace. If you have found the training more difficult, complete a total of 40 minutes including walking.

Day 7

Walk 5 minutes. Jog 25 minutes. Walk 10 minutes.

Week 5

If the weather is very hot, give your legs a thorough hose down with cold water after running. This can relieve sore muscles and can lessen inflammation if there has been a strain. Do about half your training on the road and half on the grass.

Day 1

Jog steadily for 30 minutes. Fitter or younger runners, try 40 minutes.

Day 2

Easy day. Walk a little, then jog easily for 20 minutes. However, include some hill terrain, keep the stride very short and economical while running up the hills.

Day 3

Try for 35 minutes. Fitter runners do 40-45 minutes. Keep the pace down and remember the all-important relaxation. Walk for 2 - 3 minutes afterwards to ease the legs.

Day 4

40 minutes jogging. Run less if necessary.

Day 5

Rest or a swim.

Day 6

Try for 45 minutes today. Some grass and some road terrain, if possible. Better runners should attempt to jog for 55-60 minutes.

Day 7

If you're sore or tired after your long run yesterday, either take a rest or do a very brief (10 minute) jog on the grass, otherwise jog quietly for 30 minutes.

Week 6

Last week. Give it all.

Day 1

35-45 minutes of easy paced jogging, depending on how you are feeling. Run the last minute or two a little faster if you feel like it.

Day 2

Younger and fitter runners: 30 minutes. Average runners: 25-35 minutes.

Day 3

Complete rest or a swim.

Day 4

Younger and fitter runners: jog easily for 20 minutes. Then run 10 minutes slightly faster. Finish with 5 minutes light jogging. Average runners: 35 minutes light jogging.

Day 5

Complete rest.

If you want to, you can now comfortably enter a 5 km Fun Run.

