

ng5K Runners Handbook

2010



Possilpark Millennium Centre

25 Ardoch Street, Glasgow G22 5QG
Tel 0141 572 0046 Fax: 0141 336 4414



NG5K Running Handbook



Welcome to the start line

This might be your first try at running, or a return visit, or an attempt to improve on what you already do. The less running you've done recently, the more you can expect to improve your distances and speeds in the next 6 weeks. On the other hand, the less you've run lately, the more likely you are to hurt yourself by doing too much, too soon. That's why it's so important to set two related goals as you start or restart your running programme - to maximise improvements, and to minimise injuries. You win by improving. You lose by getting hurt.

Buy the right shoes

Shoes are the biggest equipment expense for runners, so it's important to get this right. Spend wisely by buying well-made shoes from a serious brand. Search out a model that fits you properly, and is designed for the surface you'll run on most often - road, track, or trail. If you're not sure which shoe will work best for you, go to a specialist running shop where staff can advise you. After you buy your shoes, remember that even the best have a limited lifespan. Plan to replace them after about 350-500 miles of wear.

Make a plan

The two basic raw materials for a running routine are time and space. And the two main reasons given by those who don't run? 'I don't have time for it', and, 'I don't have anywhere to do it'. Let's dissect those excuses. You can run well and get in great shape with as little as a 30-minute session every other day. Think of it as the time you won't waste by watching TV. As for finding places to run, anywhere that's safe for walking is also fine for running. Off-road routes (parks, bike paths, playing fields) are better than busy streets, and soft surfaces (grass and dirt) are better than paved ones, but any choice is better than staying at home. Map out the best courses in your immediate neighbourhood. That saves time, solves the 'place' issue and makes it much more likely that you'll actually do your planned runs.

Take the mile trial

Friends who hear that you've begun running will soon ask what your best mile time is - so you might as well get used to it. Before long, you'll be calculating your pace per mile on longer runs, but you should begin with a simple one-mile test run (four laps on a standard track) to determine your starting point. Think of this run as a pace test, not a race. Run at a pace a little beyond easy, but less than a struggle, and count on improving your mile time in later tests as your fitness improves.

Get F.I.T.

Kenneth Cooper, a giant in the fitness field, long ago devised a simple formula for improving as a runner. Run two to three miles, three to five days a week at a comfortable pace. It's easier to remember as the F.I.T. formula: frequency (at least every other day); intensity (comfortable pace); and time (about 30 minutes). Even with some walking breaks, you can cover two miles in 30 minutes, and you might soon be running three miles in that time. It's important to run these efforts at an easy, comfortable pace. Think of yourself as the Tortoise, not the Hare. Make haste slowly.

Reasons to Start Running

1. Improves Health
2. Lose Weight – can burn up to 750 calories per hour
3. Great way to meet new people
4. Improves energy levels
5. Versatile and inexpensive activity
6. It's Fun!!!!

What to wear

- ☒ Comfortable, well fitting trainers
- ☒ A good supportive sports bra for the ladies
- ☒ T-Shirt/Shorts and light easily removable jumper/jacket
- ☒ Synthetic fibres are better at keeping moisture away from the skin and can prevent blisters

Safety Tips

- ☒ Use common sense
- ☒ Be visible, wear bright clothes at night
- ☒ Don't run alone at night
- ☒ Watch for other runners/cyclists/cars

Top 5 Foods for Runners

1. Wholegrain pasta/bread
2. Eggs
3. Beans
4. Bananas
5. Carrots

Eat normal the night before the race with plenty of carbohydrates for energy. At breakfast time, eat something light e.g. cereal, banana and some water so you are fully hydrated before the race. Eat something a couple of hours before the race to ensure that it is digested before you start.

Running ideas for kids

Getting your child involved in fitness is a great way to ensure a healthy life. Running is a cheap way for the whole family to keep fit and healthy.

- 📌 Be a role model
- 📌 Make it fun
- 📌 Run with them
- 📌 Let them set their own pace

Running Form

- 📌 Look ahead – aim to look at the ground about 10-20ft in front of you
- 📌 Hands at waist height – arms should be 90 degree angle
- 📌 Posture – be aware of your posture, head up, back straight and keep your shoulders level
- 📌 Relax Shoulders
- 📌 Run with your arms at your side

Common Mistakes on Race Day

- 📌 Starting out too fast – you may run out of stamina before the end
- 📌 Wearing new clothes or shoes – you don't want things to rub or make you bleed when there is still 4K to go
- 📌 Starting in the wrong position at the start – faster runners should be first, don't get caught starting off at speed too fast for you
- 📌 Not warming up – we don't want our bodies to seize up
- 📌 Eating too much or too little before the race

Warm up/Cool down

- 📌 Should both be 5-10 minutes
- 📌 Should be aerobic activity e.g. quick walking, slow jog, cycling, jumping on the spot
- 📌 Cool down – slow run down to walk for 5 minutes
- 📌 Stretch back, neck, calves, quads, hamstring and groin
- 📌 Be careful not to bounce during stretches, hold each stretch for 15-30 seconds, do 1-3 times each stretch and stop if sore.

Stretches

Easy Lying Straight, Leg to Chest

1. Lie comfortably on your back, keeping head and buttocks in contact with the floor.
2. Slowly extend one leg upward, grasping it with both hands.
3. Aim to pull your leg toward your chest, keeping it straight.

Moderate One Leg Over

1. Sit on the floor, with one leg straight, toes pointing upward.
2. Cross the other foot over the knee of the straight leg, foot flat on floor.
3. Place the elbow and forearm of the opposite arm of the bent leg on the outside of the bent knee.
4. Exhale, slowly pulling the bent knee across your body.

Stretches calf

1. Stand a little way from wall and lean on it with forearms, head resting on hands.
2. Place right foot in front of you, leg bent, left leg straight behind you.
3. Slowly move hips forward until you feel stretch in calf of left leg.

Stretches front on thigh (quadriceps)

1. Stand a little way from wall and place left hand on wall for support
2. Standing straight, hold top of left foot with right hand
3. Pull heel towards buttock and hold for 10-20 seconds. Repeat with other leg.

Be ready for *ng5k 2010!*

6 week Outdoor training programme for Beginners

Six-week Beginner 5K Schedule

A basic 5K schedule that assumes you don't run at all yet, and is designed to get you round comfortably, probably with a few short walk breaks

WEEK ONE

Mon Rest

Tue Run 1 min, walk 1 min. Do 10 times

Wed Rest

Thu Run 2 mins, walk 4 mins. Do 5 times

Fri Rest

Sat Rest

Sun Run 2 mins, walk 4 mins. Do 5 times

WEEK TWO

Mon Rest

Tue Run 3 mins, walk 3 mins. Do 4 times

Wed Rest

Thu Run 3 mins, walk 3 mins. Do 4 times

Fri Rest

Sat Rest

Sun Run 5 mins, walk 3 mins. Do 3 times

WEEK THREE

Mon Rest

Tue Run 7 mins, walk 2 mins. Do 3 times

Wed Rest

Thu Run 8 mins, walk 2 mins. Do 3 times

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

WEEK FOUR

Mon Rest

Tue Run 8 mins, walk 2 mins. Do 3 times

Wed Rest

Thu Run 10 mins, walk 2 mins. Do twice then run for 5 mins

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

WEEK FIVE

Mon Rest

Tue Run 9 mins, walk 1 min. Do 3 times

Wed Rest

Thu Run 12 mins, walk 2 mins. Do twice then run for 5 mins

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

WEEK SIX

Mon Rest

Tue Run 15 mins, walk 1 min. Do twice

Wed Rest

Thu Run 8 mins, walk 2 mins. Do 3 times

Fri Rest

Sat Rest

Sun 5K Race!

On race day: You will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly, and don't wait until you are exhausted before taking some one-minute walk breaks.

6 week training programme for Intermediate

Six-week Intermediate 5K Schedule

A basic 5K schedule for anyone who can run for 30 minutes, four times a week



WEEK ONE

Mon Rest

Tue 20-25 mins easy

Wed Rest

Thu 10 mins easy, then 4 x 1 min brisk with 2-min jog recoveries, then 10 mins easy

Fri Rest

Sat 20 mins easy

Sun 30 mins easy

WEEK TWO

Mon Rest

Tue 20-25 mins easy

Wed Rest

Thu 10 mins easy, then 4-5 x 90 secs brisk with 2.5-min jog recoveries, then 10 mins easy

Fri Rest

Sat 20 mins easy

Sun 35 mins easy

WEEK THREE

Mon Rest

Tue 25-30 mins easy

Wed Rest

Thu 10 mins easy, then 20 mins fartlek (free-form fast and slow running)

Fri Rest

Sat 25 mins easy

Sun 40 mins easy

WEEK FOUR

Mon Rest

Tue 10 mins easy, then stretch, then 1 measured mile, timed, fast, then 10 mins easy

Wed Rest

Thu 10 mins easy, then 20 mins fartlek, then 10 mins easy

Fri Rest

Sat 20 mins easy

Sun 45 mins easy

WEEK FIVE

Mon Rest

Tue 25-30 mins easy

Wed Rest

Thu 10 mins easy, then 3 x 3 mins brisk with 3-min jog recoveries, then 10 mins easy

Fri Rest

Sat 25 mins easy

Sun 35 mins easy

WEEK SIX

Mon Rest

Tue 25 mins easy, incorporating 6 x 20-40 seconds faster-paced running

Wed Rest

Thu 20-25 mins easy

Fri Rest

Sat 15 mins easy or rest

Sun 5K Race!

6 week Gym training programme for Beginners

WEEK ONE *(SPEAK TO YOUR GYM INSTRUCTOR FOR LEVELS!)

Mon Rest

Tue Warm up + Stretch 6 mins, 8-10 mins cycle 8-10 mins treadmill + weights circuit + cooldown

Wed Rest

Thu Warm up +Stretch 6 mins, 10-12 mins cycle10-12 mins treadmill + weights circuit + cooldown

Fri Rest

Sat Rest

Sun Warm up + Stretch 6 mins 15- 20 mins treadmill + weights circuit +cooldown

WEEK TWO

Mon Rest

Tue Warm up + Stretch 6 mins,12-14 mins cycle 12-14 mins treadmill + weights circuit +cooldown

Wed Rest

Thu Warm up +Stretch 6 mins, * UP LEVEL 10-12 mins cycle10-12 mins treadmill, + cooldown

Fri Rest

Sat Rest

Sun Warm up + Stretch 6 mins 17- 22 mins treadmill + weights circuit + cooldown

WEEK THREE

Mon Rest

Tue Warm up + Stretch 6 mins, 12-14 mins cycle 12-14 mins treadmill + weights circuit + cooldown

Wed Rest

Thu W' up +Stretch 6 mins, * UP A LEVEL 10-12 mins cycle10-12 mins treadmill +weights circuit + cooldown

Fri Rest

Sat Rest

Sun Warm up + Stretch 6 mins 22- 25 mins treadmill + weights circuit+ Cooldown

WEEK FOUR

Mon Rest

Tue Warm up + Stretch 6 mins, 12-14 mins cycle 12-14 mins treadmill + weights circuit

Wed Rest

Thu Warm up +Stretch 6 mins, * UP A LEVEL 10-12 mins cycle10-12 mins treadmill, weights circuit + coldown

Fri Rest

Sat Rest

Sun Warm up + Stretch 6 mins 25- 30 mins treadmill + weights circuit + cooldown

WEEK FIVE

Mon Rest

Tue Warm up + Stretch 6 mins, 12-14 mins cycle 12-14 mins treadmill + weights circuit +cooldown

Wed Rest

Thu Warm up +Stretch 6 mins, * UP A LEVEL 10-12 mins cycle10-12 mins treadmill, weights circuit + cooldown

Fri Rest

Sat Rest

Sun Warm up + Stretch 6 mins 25- 30 mins treadmill + weights circuit

WEEK SIX

Mon Rest

Tue Warm up + Stretch 6 mins, 12-14 mins cycle 12-14 mins treadmill + weights circuit + cooldown

Wed Rest

Thu Warm up+ Stretch 6 mins, 12-14 mins cycle12-14 mins treadmill, weights circuit + cooldown

Fri Rest

Sat Rest

Sun 5K Race!

*** cycle and treadmill on TUE/ THU can be swapped for either cross training, rowing, versaclimbers, steppers or any other cardio machine. Your instructor will be on hand to provide any further assistance.



ng5k 2010

Sunday 25 April

Ruchill Park

9.30am

Register online @ www.healthynorthglasgow.co.uk from **Monday 25 January** (North Glasgow residents only)

or pick up a registration form from Possilpark Millennium Leisure Centre