

Learn to Run Starter Tips

Warm-Up

- Make sure your body is physically warm. Walk to get blood flowing and prepare the cardiovascular system for the workout ahead.
- Stretching is active in nature. Hold stretches only 10 seconds, then repeat. Do squats, lunges to warm up larger leg muscles. Walk on your tip-toes then on your heels to warm up lower leg muscles.

Workout

***Start with the level you find yourself now. Just because you could run 5km in your 20s, does not mean you can start with a 5km around the block.

- Work in an interval style. Use a stop watch or smartphone app to time your intervals.
- “Running” does not mean sprint as fast as you can, it means jogging, or fast-speed-walking.
- 1 minute run, then walk until you can easily talk.
 - Note the duration of the walking period. This is your baseline
 - If this is too difficult, reduce the amount of running
 - Figure out your baseline interval
 - Ex: 1 minute run, 4 minutes walking in order to recover = 4:1
 - Ex: 30 seconds run, 6 minute walking to recover = 0.5:6 = 1:12
- Do 2 or 3 workouts at this interval (ex: 4:1 or 1:12) : this is your first cycle.
- The next cycle (workout #3 or #4) decrease the walking time by 1 minute
 - Ex: First cycle = 1 min run, 4 min walk = 4:1
 - Second cycle = 1 min run, 3 min walk = 3:1

Longer workouts

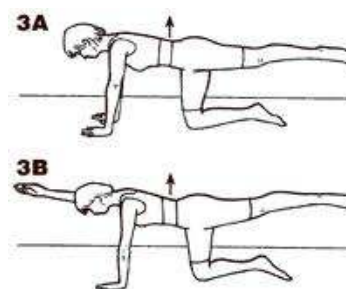
- It's ok to take longer rests in your long workouts. Try starting at your normal ratio then increase walking time later in the workout.
 - Ex: normally you walk for 25 minutes at 4:1. This is a total of 5 times through the 1 min run + 4 min walk.
 - Longer workout is 40 minutes. Do the first 25 minutes at your normal 4:1, then increase walking time to 1:5 or 1:6 for the remainder of the workout.

Cool Down

- Once you have completed your workout, walk at a medium to slow pace until your heart rate returns to resting. This means you can talk very easily or even sing easily.
- Stretches are held for 60 seconds each.

Cross-Training

- Add some core exercises to complete the workout.
- Core exercises will improve posture and make you a more efficient runner.
- Planks and “supermans” (diagram) are a great place to start



Helpful Resources

- Running Room Clinics
- MapMyRun.com: free membership
- City of Ottawa: trails map can be downloaded off website

Always consult with your health care provider to make sure you are ready to start a new exercise program.