

# 0-5km Running Program



# Introduction – The Program

This program has been developed by an Exercise Physiologist to provide individuals of all fitness levels with a comprehensive running program that can be completed in a progressive manner. The program can be completed over an 8 week period, with the goal to be able to complete a 5km run.

The running program is designed for those who do not complete much regular exercise and have a basic fitness level. It will provide you with the ability to: participate in charity fun runs, run again or just increase your health and well-being.

If you are unsure of your fitness level we strongly recommend that you consult your doctor.

**IMPORTANT:** Always consult a qualified medical professional before beginning any nutritional program or exercise program. The exercise suggestions are not intended to substitute for proper medical advice. Diabetes WA assumes no responsibility for injuries suffered while practicing any exercise program. If you have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease etc., please seek your physician's advice before starting any new exercise program.

## Benefits of Physical Exercise

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. It also boosts your metabolism, so even after you finish exercising your body will continue to burn fat.

**By completing 30 minutes of moderate exercise per day you can:**

- Reduce your risk of heart attack and heart disease.
- Reduce your risk of stroke.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.
- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints, lowering the risk of osteoporosis.



## What results can you expect?

### Commitment is Key!

The results you can expect from this program will reflect your commitment to the program. Ensure you carry out the full program at least three times a week for the full eight weeks.

You should also eat a balanced diet while carrying out this program. This will ensure you have the energy levels and nutritional balance to gain the full benefits.



# How to Use this Program

This program includes the following components:

## Flexibility

Stretching before and after you exercise is important, it helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.

Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

## Running formula

This is a progression model designed to steadily increase your fitness. Each week you will be running at a faster pace and for a longer time until you are able to run for 5km without stopping.

## Cool Down

It is important to cool down, especially after vigorous exercise. The body needs time to slow down and it aids in recovery – meaning you won't wake up as sore tomorrow. Repeat the stretch component of the program to cool down and do a slow walk.





# How Do I Track My Progress?

Tracking your progress is easy!

**Blood Pressure:** You can track your blood pressure if you have a blood pressure monitor at home. Otherwise many pharmacies provide free blood pressure checks. An ideal blood pressure is approximately 120/80mmHg. If your blood pressure is much higher or lower than this, consult your doctor immediately and do not start the program.

**General Wellbeing:** Your general wellbeing and how you feel is a great indicator of how well the program is working. You may start feeling like you have more energy, you are stronger, you're sleeping better and you may even feel happier on a day-to-day basis!



# Before you Begin – Do's and Don'ts

## Do

Speak to your doctor before starting this exercise program to check it is right for you.

Ensure you have appropriate enclosed footwear that provides you with comfort and support.

Ensure you drink enough water before, during and after physical exercise.

Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.

If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.



## DON'T

Do not start any exercise program without consulting your doctor first.

If you feel severe pain or discomfort while completing this program, stop the program immediately and consult your doctor.



# Pledge

I, ....., pledge to undertake this program to the best of my ability.

I pledge to remember that progress takes time, and to be proud of the commitment I am making to my health.

Sign .....



# Program

## Flexibility

### Calf Stretch

(hold for 15 seconds per leg)

Pushing against a wall for stability, put one leg in front of the other and straighten your back knee. You should feel a stretch through your calf muscle in your back leg. Hold for 15 seconds and then change legs and hold for another 15 seconds.



### Slow Leg Swings

(15 swings per leg)

Holding onto a wall or bench for stability, swing the leg from back to front so you feel a slight stretch each way. You should feel a stretch through the back of your thigh on the upward swing and through the front of your hip and thigh on the backward swing.





# Program Continued

## Back Rotations

(15 rotations)

Swing your body left to right, stretching and warming up your back.



## Superman Reach

(hold for 15 seconds per arm)

With your feet shoulder width apart, reach one arm above your head while holding the other one down. You should feel a stretch along the side of your body.

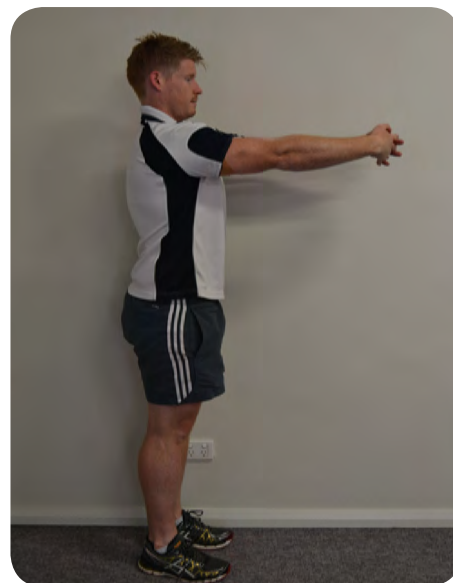


# Program Continued

## Two Arm Extension

(hold for 15 seconds)

Link your fingers and pull your arms forward. You should feel a stretch between your shoulder blades.



## Walking Styles

### Walk

A walk should be at a slow pace. Your heart rate should be slightly elevated from resting, but intensity will be about 3 or 4 out of 10.

### Power Walk

A power walk is a walk at a medium pace. Imagine you're late from your lunch break at work and need to get back to the office. Your heart rate should be elevated and intensity should be 5 or 6 out of 10.

### Jog

A jog is a medium to fast pace. Imagine you need to get across the road at a set of traffic lights and the red man has just begun to flash. Your heart rate will have noticeably increased and intensity should be 7 to 8 out of 10.

### Run

A run is a fast pace. Imagine a bus is approaching your stop and you are 100 meters away and you desperately need to catch it. Your heart rate will dramatically increase and the intensity will be 9 or 10 out of 10.



# Program Continued

## Running Program

### Week 1

**Day 1** Walk 5 minutes, then jog 2 minutes, walk 5 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Walk 5 minutes, then jog 4 minutes, walk 5 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Power walk 5 minutes, jog 4 minutes

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Recovery – Ensure you complete Flexibility

### Week 2

**Day 1** Power walk 8 minutes, then jog 2 minutes, walk 5 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Walk 5 minutes, then jog 5 minutes, walk 5 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Power walk 10 minutes. jog 20 seconds, walk 2 minutes – repeat jog/walk for 10 minutes.

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Recovery – Ensure you complete Flexibility

### Week 3

**Day 1** Power walk 10 minutes, then jog 5 minutes, walk 5 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Power walk 10 minutes, then jog 7 minutes, walk 5 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Power walk 5 minutes. jog 40 seconds, walk 2 minutes – repeat jog/walk for 15 minutes

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Power walk 5 minutes, then jog 10 minutes, walk 5 minutes



# Program Continued

## Week 4

**Day 1** Power walk 10 minutes, then run 2 minutes, walk 5 minutes, jog 5 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Power walk 10 minutes, then jog 7 minutes, walk 5 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Power walk 5 minutes. run 40 seconds, walk 2 minutes – repeat run/walk for 15 minutes.

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Run 5 minutes, then power walk 10 minutes, jog 5 minutes

## Week 5

**Day 1** Jog 10 minutes, then run 5 minutes, power walk 5 minutes, jog 5 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Jog 10 minutes, then power walk 7 minutes, run 8 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Power walk 5 minutes. run 40 seconds, walk 2 minutes – repeat run/walk for 15 minutes.

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Run 7 minutes, then jog 10 minutes, run 5 minutes

## Week 6

**Day 1** Jog 10 minutes, then run 4 minutes, jog 5 minutes, run 4 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Jog 10 minutes, then run 7 minutes, jog 8 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Jog 5 minutes. run 2 minutes, jog 2 minutes – repeat run/jog for 16 minutes.

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Run 8 minutes, then jog 10 minutes, run 8 minutes





# Program Continued

## Week 7

**Day 1** Power walk 5 minutes, then jog 20 minutes

**Day 2** Recovery – Ensure you complete Flexibility

**Day 3** Jog 15 minutes, then power walk 2 minutes, run 8 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Jog 5 minutes. run 2 minutes, jog 2 minutes – repeat run/jog for 20 minutes.

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Jog 25 minutes

## Week 8

**Day 1** Power walk 5 minutes, then jog 25 minutes

**Day 2** Recovery – Ensure you complete Flexibility

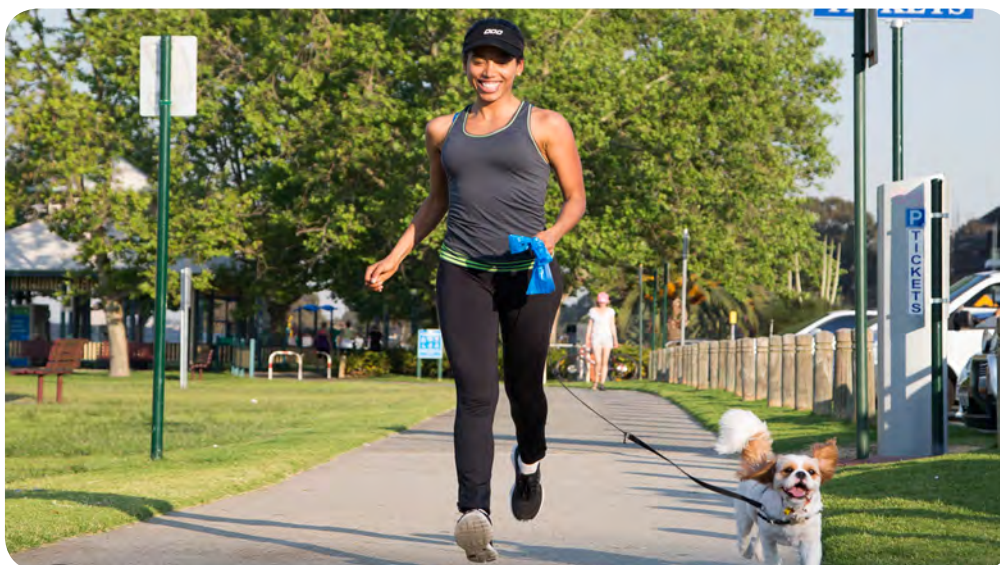
**Day 3** Jog 20 minutes, then power walk 2 minutes, run 8 minutes

**Day 4** Recovery – Ensure you complete Flexibility

**Day 5** Jog 5 minutes... then for 20 minutes; run 2 minutes then jog for 2 minutes (repeat until 5 km have been tracked).

**Day 6** Recovery – Ensure you complete Flexibility

**Day 7** Jog 5km this should take roughly 35 minutes



**Remember to cool down  
after exercise!**



**My Healthy  
Balance**  
Your path to a healthier life

**Get on Track**  
Your path to a healthier life

**For more information about the My Healthy Balance program please visit:**

**Visit:**

[www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)

**Email:**

[support@myhealthybalance.com.au](mailto:support@myhealthybalance.com.au)

**For information about the Get on Track Challenge program please visit:**

**Visit:**

[www.getontrackchallenge.com.au](http://www.getontrackchallenge.com.au)

**Email:**

[support@getontrackchallenge.com.au](mailto:support@getontrackchallenge.com.au)





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