

Running Program

Running forms one of the major components to achieving your desired level of fitness and weight loss. It can also be achieved through regular walks and watching what you eat.

Another good habit is to get into a routine of recording your running times and distances as well as what you eat each day of the week. This will be your best indicator of how you are doing and the best way your training can see what you are doing to assist you better in achieving your goals.

An eg. Of a standard running program that was given to me some years ago, which of course you can modify to suit yourself. Please note before each run you must first warm up on 1-2km then stretch then begin your workout.

Monday -Hill work 5-10 hill sprints or stair sprints. Find a local park with a hill or stairs and do this once a week.

Tuesday -Easy medium 5-6km run

Wednesday -Hard medium- 4 fast laps then jog a lap,
-2 laps then jog a lap,
-1 lap then jog a lap

Thursday -Long easy run for 45 minutes to 1 hour

Friday -Fast - sprint 100 metres jog a lap repeat 5-10 times

Saturday -Recovery -run 2 laps hard then jog 1 lap easy repeat 5-10 times.

Sunday -rest

This running program is designed to increase your overall fitness and stamina eg. endurance without losing strength, while developing explosive speed and power in your legs. So as to be able to go the distance in your grading that requires much fitness and endurance ie black singlet or red singlet grades.