

28 DAYS

ZERO TO RUNNER IN FOUR WEEKS

WEEK 1: Getting Going

Congratulations on taking your first step towards calling yourself a runner! We'll ease you into running for consistently for 20 minutes – and you'll never look back!

Are you ready for your first week of training?

Let's go!

DAY 1	Walk (briskly) for 4 minutes. Run for 1 minute. Repeat walk/run 4 times. <i>Total: 20 minutes</i>
DAY 2	Rest
DAY 3	Walk (briskly) for 4 minutes. Run for 1 minute. Repeat walk/run 4 times. <i>Total: 20 minutes</i>
DAY 4	Rest
DAY 5	Rest
DAY 6	Walk (briskly) for 4 minutes. Run for 1 minute. Repeat walk/run 4 times. <i>Total: 20 minutes</i>
DAY 7	Rest

Please note: if you're a man over the age of 45, or a woman over the age of 55, or have risk factors for heart disease (obesity, hypertension, high cholesterol or a family history of any of these diseases), you'll need to get your doctors clearance before you start exercising. Cardiovascular disease (which you may not know about) puts you at risk of suffering from a heart attack. The decision to start running is a good excuse to get a check-up scheduled, anyway.

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Everything You Need To Know

While it does take some effort to start running, there's no need to push yourself too hard. Becoming a runner takes patience and persistence – but we promise, it's worth it.

Here are a few FAQs to help you along the way:

How fast should I run?

Run at a pace that you feel comfortable with; a pace that you can maintain throughout the workout. Once you're comfortable running, you can work on upping your pace, but that comes later. Right now, there is no right or wrong speed, as long as you're out there running.

Do I need to stretch?

The warm up (walking briskly before the running starts) should warm your body up sufficiently. Stretch after the workout to help limit stiffness and prevent injuries.

Do I have to work out on the days the programme says I must?

The schedule laid out in this programme is not set in stone: if you'd rather exercise on days 1, 4, and 7, re-shuffle your workouts accordingly. Don't forget to include rest days: your body needs time to recover and adapt to your new running regime. Try stick to running at least three days a week: you can only achieve running fitness if you do it consistently.

Should I take water with me?

If you get thirsty, yes! It's not necessary to take water with you, but if you feel like you need to, then do so.

What do I need to wear? Do I need any gadgets?

All you need to run is a pair of decent running shoes. Throw on a comfortable pair of shorts, t-shirt and socks (and a sports bra for the ladies) and you're good to go. Don't forget a time keeping device (a watch or cellphone) to keep track of how your time.

Can I run on the treadmill?

It's preferable that you get outdoors and hit the road (or trail), but if you absolutely have to, yes, you can run on a treadmill. Remember to up the incline to a minimum of 1 / 10%, to best simulate road running.