



**FASTER | STRONGER | TOGETHER**

## **ZERO to SUPERHERO: 10 WEEK BEGINNER RUNNING PLAN**

### **ABOUT THE PROGRAMME**

This is a 10 week programme designed to help sedentary individuals or those that have been inactive for a very long time to get into a lifestyle of running. The programme starts with 60 minutes of exercise in the first week and builds over the 10 weeks to the recommended weekly minimum for adults, of 150 minutes. The programme starts with walking only and slowly incorporates Running in a run/walk format and has you running for 30 minutes by the end of week 10.

Each week has 3 workouts. These can be done on any day of the week. It is recommended that you have a day off between each workout day.

### **PREREQUISITES**

It is recommended that you visit a doctor for clearance to exercise before starting the programme. Especially if you:

- Have not exercised for 6 months or more
- Smoke
- Are overweight
- Have known or suspected high cholesterol
- Have a known heart condition or history of heart conditions in your family
- Suffer from high blood pressure
- Suffer from epilepsy
- Are pregnant
- Are on medication for a chronic condition

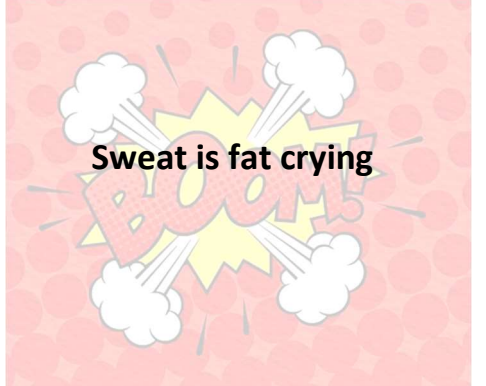
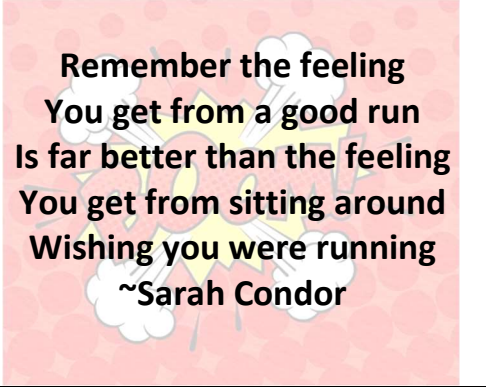
### **VICTORY TIPS**

These tips will help you get the most out of the plan and become a lifetime runner:

- Learn to breathe right! This will change your life. View how to here: <https://active4life.co.za/blog/breathing-basics-for-runners/>
- PLAN your workouts into your week. Your workouts should be part of your lifestyle, not an addition.
- Get a friend or family member to join you
- Buy comfortable workout gear
- Clean up your diet
- Enter a race

Week		Workout 1	Workout 2	Workout 3	Exercise Total (min)	Walking Total (min)	Running Total (min)
1	<b>Workout Type</b>	Walk	Walk	Walk			
	<b>Duration</b>	15 minutes	20 minutes	25 minutes	60	60	0
	<b>Notes</b>	<p>Today is just about getting off that couch and getting moving. Resist the temptation to do more than the workout says. It is still a long road ahead.</p> <p>Congratulations on taking your first steps to being a runner!</p>	You are officially on your way. No turning back now!	Last workout for the week. You should be itching to start Running. DON'T. One step at a time!	<p><b>A journey of a thousand miles begins with a single step!</b> <b>JUST DO IT!</b></p>		
2	<b>Workout Type</b>	Run/Walk	Walk	Run/Walk			
	<b>Duration</b>	20 minutes	25 minutes	25 minutes	70	55	15
	<b>Notes</b>	<p>Welcome to your first day of running!</p> <p>Start by walking for 10 minutes.</p> <p>Then alternate running 1 minute, walking 1 minute for 10 minutes.</p>	<p>Walk for 25 minutes.</p> <p>Even though you are excited that you ran yesterday, the journey has only just begun – be PATIENT.</p>	<p>Walk for 10 minutes.</p> <p>Alternate running 2 minutes, walking 1 minute for the next 15 minutes.</p>	<p><b>The voice in your head That says that you can't do this IS A LIAR</b></p>		

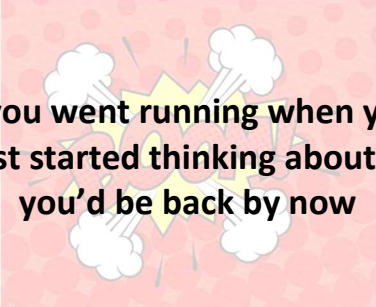



Week		Workout 1	Workout 2	Workout 3	Exercise Total (min)	Walking Total (min)	Running Total (min)
3	<b>Workout Type</b>	Run/Walk	Walk	Run/Walk			
	<b>Duration</b>	25 minutes	25 minutes	30 minutes	80	53	27
	<b>Notes</b>	Walk for 10 minutes.  Alternate running 3 minutes, walking 1 minute for the next 15 minutes.	Walk for 25 minutes.	Walk for 5 minutes.  Alternate running for 3 minutes, walking for 1 minute for 20 minutes.  Walk for 5 minutes to finish off your 30 minutes.			
4	<b>Workout Type</b>	Run/Walk	Run/Walk	Run/Walk			
	<b>Duration</b>	30 minutes	30 minutes	30 minutes	90	49	41
	<b>Notes</b>	Walk for 5 minutes.  Alternate running for 4 minutes, walking for 1 minute for 20 minutes.  Walk for 5 minutes to finish off your 30 minutes.	Walk for 5 minutes.  Alternate running for 5 minutes, walking for 1 minute for 23 minutes.  Walk for 2 minutes to finish off your 30 minutes.	Walk for 20 minutes. Run for 5 minutes. Walk for 5 minutes.			
Week		Workout 1	Workout 2	Workout 3	Exercise	Walking	Running



					Total (min)	Total (min)	Total (min)	
5	<b>Workout Type</b>	Run/Walk	Run/Walk	Run/Walk				
	<b>Duration</b>	30 minutes	30 minutes	40 minutes	100	34	55	
	<b>Notes</b>	Walk for 5 minutes.  Run for 8 minutes. Walk for 2 minutes. Run for 8 minutes. Walk for 2 minutes. Run for 5 minutes.	Run for 6 minutes. Walk for 2 minutes. Run for 7 minutes. Walk for 2 minutes. Run for 6 minutes. Walk for 2 minutes. Run for 5 minutes.	Walk for 30 minutes. Run for 10 minutes.  Congratulations, you have completed 100 minutes of exercise this week!				
<b>Workout Type</b>	Run/Walk	Run/Walk	Run/Walk					
6	<b>Duration</b>	35 minutes	30 minutes	45 minutes	110	58	57	
	<b>Notes</b>	Run for 9 minutes. Walk for 1 minute. Run for 9 minutes. Walk for 1 minute. Run for 9 minutes. Walk for 1 minute. Run for 5 minutes.	Run for 15 minutes.  Walk for 5 minutes. Run for 5 minutes. Walk for 5 minutes.	Walk for 40 minutes. Run for 5 minutes.				



Week		Workout 1	Workout 2	Workout 3	Exercise Total (min)	Walking Total (min)	Running Total (min)
7	<b>Workout Type</b>	Run/Walk	Run/Walk	Run/Walk			
	<b>Duration</b>	35 minutes	35 minutes	50 minutes	120	62	58
	<b>Notes</b>	Walk for 5 minutes.  Run for 15 minutes. Walk for 5 minutes. Run for 10 minutes.	Run for 15 minutes. Walk for 1 minute. Run for 10 minutes. Walk for 1 minute. Run for 8 minutes.	Run for 20 minutes. Walk for 30 minutes.	 <p><b>If you went running when you first started thinking about it, you'd be back by now</b></p>		
8	<b>Workout Type</b>	Run/Walk	Run/Walk	Walk			
	<b>Duration</b>	35 minutes	35 minutes	60 minutes	130	70	60
	<b>Notes</b>	Run for 20 minutes. Walk for 5 minutes. Run for 10 minutes.	Run for 25 minutes. Walk for 5 minutes. Run for 5 minutes.	Walk for 60 minutes.	 <p><b>Don't ask me why I run... Ask yourself why you DON'T</b></p>		



Week		Workout 1	Workout 2	Workout 3	Exercise Total (min)	Walking Total (min)	Running Total (min)
9	<b>Workout Type</b>	Run/Walk	Run/Walk	Run/Walk			
	<b>Duration</b>	40 minutes	40 minutes	60 minutes	140	70	70
	<b>Notes</b>	Walk for 5 minutes.  Run for 25 minutes. Walk for 10 minutes.	Walk for 5 minutes.  Run for 25 minutes. Walk for 10 minutes.	Run for 20 minutes. Walk for 40 minutes.			
10	<b>Workout Type</b>	Run	Run	Run			
	<b>Duration</b>	5 minutes plus 5km	5 minutes plus 5km	6km	10 min + 16km	10	16km
	<b>Notes</b>	Walk for 5 minutes.  Run for 5km	<b>Do it again!!</b>	Go for 6km!			

**CONGRATULATIONS!**

What's next? Why not train for a 10k race?

