

**kick  
start**  
Supporting you to do your 30 a day



[www.bactivederby.com/kickstart](http://www.bactivederby.com/kickstart)

## A beginners guide to running - from jogging to running in 12 weeks

### About the programme

This running programme aims to gradually increase the amount of time you are running and decrease the amount of time you spend jogging in each session. Before you begin the programme, you should be able to jog continuously for 20 minutes. If you have not jogged before you may want to start with the beginners guide to jogging programme.

When you are running you should be able to maintain a conversation, talking in complete sentences. If you are too out of breath to do this, decrease the pace you are running at or go back a few sessions in the programme. If you train too hard you are more likely to give up before you have completed the programme.

If you are finding a particular week of the programme too difficult, then don't be afraid to go back a week or repeat a week, similarly, if you are finding the programme too easy, go forward a week. The important thing is that you move at your own pace, so that you keep going and complete the plan.

Rest is an essential part to any running programme. Your fitness and strength do not improve whilst you are running. The improvements are made while your body is recovering during rest periods. As a beginner you should not jog any more than every other day, running three times a week, as in the programme, is ideal.

### Warming up and cooling down

Before each session you should walk briskly/jog for five to 10 minutes to warm up your muscles, raise your heart rate and get your body ready for exercise.

At the end of each session you should walk briskly/jog, gradually slowing down for five to 10 minutes to help your body to cool down gently and your heart beat to slow down. This should be followed by stretches to help your recovery, prevent injury and soreness in your muscles the next day.



[www.bactivederby.com/kickstart](http://www.bactivederby.com/kickstart)

## A beginners guide to running - from jogging to running in 12 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run 1 minute Jog 4 minutes Repeat 4 times Total 20 minutes	Rest	Run 1 minute Walk 4 minutes Repeat 5 times Total 25 minutes	Rest	Run 2 minutes Walk 3 minutes Repeat 3 times Total 15 minutes	Rest	Rest
Week 2	Run 2 minutes Jog 3 minutes Repeat 4 times Total 20 minutes	Rest	Run 2 minutes Jog 3 minutes Repeat 5 times Total 25 minutes	Rest	Run 3 minutes Jog 2 minutes Repeat 3 times Total 15 minutes	Rest	Rest
Week 3	Run 3 minutes Jog 2 minutes Repeat 4 times Total 20 minutes	Rest	Run 3 minutes Jog 2 minutes Repeat 5 times Total 25 minutes	Rest	Run 4 minutes Jog 2 minutes Repeat 3 times Total 18 minutes	Rest	Rest
Week 4	Run 4 minutes Jog 2 minutes Repeat 4 times Total 24 minutes	Rest	Run 4 minutes Jog 2 minutes Repeat 5 times Total 30 minutes	Rest	Run 4 minutes Jog 1 minute Repeat 4 times Total 20 minutes	Rest	Rest
Week 5	Run 4 minutes Jog 1 minute Repeat 5 times Total 25 minutes	Rest	Run 4 minutes Jog 1 minute Repeat 6 times Total 30 minutes	Rest	Run 5 minutes Jog 2 minutes Repeat 3 times Total 21 minutes	Rest	Rest
Week 6	Run 5 minutes Jog 2 minutes Repeat 4 times Total 28 minutes	Rest	Run 5 minutes Jog 2 minutes Repeat 5 times Total 35 minutes	Rest	Run 5 minutes Jog 1 minute Repeat 4 times Total 24 minutes	Rest	Rest



[www.bactivederby.com/kickstart](http://www.bactivederby.com/kickstart)

## A beginners guide to running - from jogging to running in 12 weeks

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Run 6 minutes Jog 2 minutes Repeat 3 times Total 24 minutes	Rest	Run 6 minutes Jog 2 minutes Repeat 4 times Total 32 minutes	Rest	Run 6 minutes Jog 1 minute Repeat 4 times Total 28 minutes	Rest	Rest
Week 8	Run 7 minutes Jog 2 minutes Repeat 3 times Total 27 minutes	Rest	Run 7 minutes Jog 2 minutes Repeat 4 times Total 36 minutes	Rest	Run 7 minutes Jog 1 minute Repeat 3 times Total 24 minutes	Rest	Rest
Week 9	Run 8 minutes Jog 2 minutes Repeat 2 times Total 20 minutes	Rest	Run 8 minutes Jog 2 minutes Repeat 3 times Total 30 minutes	Rest	Run 8 minutes Jog 1 minute Repeat 2 times Total 18 minutes	Rest	Rest
Week 10	Run 9 minutes Jog 2 minutes Repeat 2 times Total 22 minutes	Rest	Run 9 minutes Jog 2 minutes Repeat 3 times Total 33 minutes	Rest	Run 10 minutes Jog 2 minutes Repeat 2 times Total 24 minutes	Rest	Rest
Week 11	Run 10 minutes Jog 1 minute Repeat 2 times Total 22 minutes	Rest	Run 11 minutes Jog 2 minutes Repeat 2 times Total 26 minutes	Rest	Run 11 minutes Jog 1 minute Repeat 2 times Total 24 minutes	Rest	Rest
Week 12	Run 12 minutes Jog 2 minutes Repeat 2 times Total 28 minutes	Rest	Run 12 minutes Jog 1 minute Repeat 3 times Total 39 minutes	Rest	Run 20 minutes	Rest	Rest