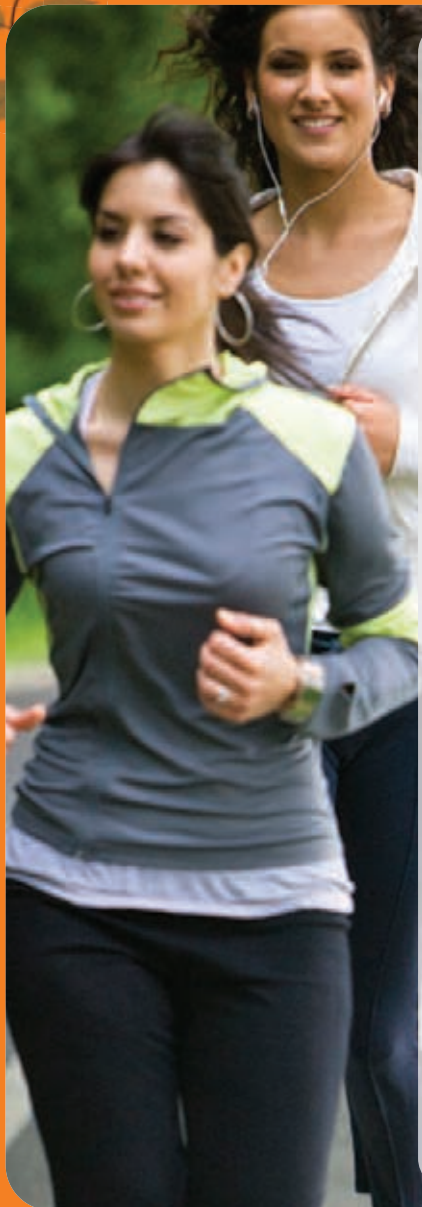


Get up & running in Bradford



# Bradford City Run 2010

## SportsShare 'Start 2 Run' 5k in 5 Weeks



Forename: \_\_\_\_\_

Surname: \_\_\_\_\_

Age: \_\_\_\_\_ Male / Female

Coach: \_\_\_\_\_

Start date: \_\_\_\_\_

Test date: \_\_\_\_\_

Personal goals for this programme:

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

	At start	At time of test
Weight:		
Resting heart rate:		
Body mass index:		
Body fat rate:		
PB for 5k:		



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### Further Information

Lead-coach, Start2Run (Airedale Athletics):



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Bradford



## Introduction

**This training programme offers a structured scheme for beginners to start running (again) and within 5 weeks to complete a 5km run.**

The programme is copied from a nationally-developed, highly successful scheme that operates in the Netherlands and Belgium. It has been drawn up by specialists working for the national athletics federations there.

The principles that you learn here - structured training, recovery, warming-up, warming-down, stretching, hard sessions, gentle aerobic sessions - are precisely those that are the backbone of the training of the very best middle-distance runners in the world.

Airedale Athletics has a team of qualified coaches to help you in this training programme, and offers several ideal occasions for taking your 5km test. Should you encounter injuries or difficulties, Airedale Athletics has a network of advisers and specialists to help.

If after this introductory programme, you wish to continue structured training in a supportive environment, and maybe wish to run further 5ks or even take part in 10ks or half-marathons, please speak to your Airedale Athletics coach about joining the network.

## Training Tips

- Run slowly and at a gentle pace. 'Gentle' means that you are able to talk while running. Try running for a long time, slowly, first; speed can come later
- For the first few weeks keep really close to the training programme
- Afterwards, as your fitness improves, you can reduce the periods of walking, if you wish. But do train three times a week
- Give your body time to recover. That is the reason for balancing training days with rest-days
- Always wear good running shoes, since this helps to prevent injuries
- The first training is the hardest. Make an arrangement to train together in a group. Running in a group is much more enjoyable and you can support each other
- Don't give up if sometimes it gets much tougher. Even top athletes struggle with less-good days
- Take account of any sickness or other circumstances which prevent you training at all or fully. In these cases, increase the periods of walking

GOOD LUCK!



Get up & running in BRADFORD



## Why Running? 8 Reasons for Choosing this Sport

- 1) Running is one of the most efficient ways of keeping your heart, arteries and lungs in top condition, and so to arm yourself against health-risks such as high blood pressure and overweight. If you run 30 minutes three times a week, you will very soon benefit from excellent fitness. Training multiple times a week is far better than one long session once a week. No other sport gives you so much benefit from training for so little time. If you cycled, you would need to spend three times the duration to reap the same benefit. Other sports, such as tennis, netball, swimming, aerobics and suchlike require much more time if you wanted to improve your fitness.
- 2) You can run anywhere and at any time of the day. You don't have to worry about opening-times of sports or fitness centres. Anyone can find a suitable route for running near to where they live. If you choose to run, you can do it at whatever time works best round your working-hours and other commitments.
- 3) Running is an inexpensive sport. Apart from some decent running-shoes you need very little else. Everyone's got some clothing for sports in their wardrobe. Training in a group, under qualified supervision, is far cheaper than most other sports. An hour's tuition in aerobics, tennis or golf will set you back a good few pounds.
- 4) Running is one of the best ways of unwinding. Thirty minutes running does wonders for all types of stress. The physical exercise gives a fantastic feeling of relaxation and actually gives you energy. If you run in the morning you'll be surprised how much energy you feel you have. And the chemicals released into your head do marvels for your mental condition. Just running, you'll find that problems take on a smaller dimension, and sometimes at the end of a training session you might have solved one of your problems. Worth just trying!
- 5) Running in a group is social and is certainly to be recommended. Most people find it beneficial. The social contact during weekly training runs is highly motivating. People who are finding it harder to stick with the programme stay longer with the help of a group. And if the weather's bad, it's easier for the group to take the decision to head out: '(Almost) Any weather is running weather'.
- 6) Running is a core element for any attempt at slimming or dieting. There are few activities which burn up so many calories, or quicker, as running. To burn off fat it is far better to do long, slow runs that shorter sprints mixed with jogging or walking. Many dieticians encourage their patients to supplement the dietary programme with running. Eating healthily plus more exercise (i.e. running) are the only sure ways of losing weight long-term.
- 7) Almost anyone can run, and it is perfect for families. It is simple to learn, and any hurdles to overcome for participating in it are amazingly low. You can start at whatever age, and you can do it as a family activity. Organised races are open to all age-groups. Millions of people across the world are part of the world of running, and run to improve their health, for fun and to improve their fitness.
- 8) Running is an open-air sport. Loads of people are looking for something to do in the fresh-air, because they are cooped indoors the whole day long. So, an indoor sport has limited attraction. Running off-road through woods, across moors is unique.



## Hows and Whys and Other Tips for Beginners *continued*

### **Who can run?**

Almost everyone is capable of running. Nevertheless, it is advisable for anyone over 40 to take a precautionary medical test at their doctor's, especially if they have done little exercise in recent years, or if they suffer from long-term health problems. For anyone who suffers from the following, it is also advisable to get the advice and permission of your GP before starting the programme: overweight, heart problems, breathing difficulties, chronic tiredness, diabetes, etc.

### **How to run?**

Every runner has his or her own style. Try to move (your arms and legs) as naturally as possible and avoid trying to copy the style of some real athlete. In running, your heel touches the ground first and then rolls forward to the toes. If you land on your toes, you risk putting excessive stress on the calves and damage your achilles muscles. Keep your body and head upright and lean very gently forward. Run with your elbows bent alongside, not across, your body and keep your hands open, not clenched. Don't use your arms too much; nor should you keep them motionless across your chest.

### **Where to run?**

A soft artificial track is ideal for beginners, in order to prevent injuries. But there are few prepared tracks around. So, you are best off finding a soft surface, such as grass, a woodland path or a gritty track. Tarmac or concrete roads are unadvisable, though they are better than a surface which is too soft or uneven, not least because if you are tired you have more chance of tripping. Find a safe place in your neighbourhood where you can regularly do gentle training runs; don't go a long way to which you have to drive or cycle. Running in towns at rush-hour, or near heavy industry or main roads isn't ideal because of the air pollution that you'll be taking in. Try to vary your running-route, so that training doesn't become a burdensome routine. When you get more experienced, there will be plenty of organised races at weekends or midweek evenings that you can take part in. That provides variety, and you might even get the urge to compete regularly for Airedale Athletics in competitions.

### **How fast to run?**

The most common mistake with beginners is that they start off too quickly and run too fast. Doing this drives the heart-rate too quickly up towards its limit and you quickly reach resistance. The aim of running is to better your stamina, and only when that is built up do you start training against your body's resistance. Running slowly is the keyword. The 'talk-test' is a good rule. You are running aerobically (with oxygen) and building your stamina if you are able to carry on a normal conversation with your training partner, and you don't have to break up the conversation with deep breaths. If you are running on your own, you ought to be able to sing a song! A more sophisticated way of checking your speed is measuring your heart-rate. Everyone has a maximum heart-rate, but this varies from person to person. Roughly, the figure is 220 minus your age: someone aged 40 will typically, then, have a maximum heart-rate of 180. You can base your aerobic training sessions on this figure: it should be 70% of your maximum heart-rate. A 40-year-old's training heart-rate should then be:  $220 - 40 = 180 \times 70\% = 126$ . A good rule is: run slower but for longer; it's not the distance or the speed that counts, but the duration and the heart-rate.

### **Who to run with?**

Join a running group with a training programme for beginners. Train with the group once or more per week and do the other sessions in the week by yourself or with a partner. Experience shows that trying to complete a full training-programme by yourself rarely works, since it demands so much self-discipline. Too cold, too rainy, not enough time: there are thousands or reasons for putting a session off for a day or two. Try and find a training partner at your own level. If there are two or more of you together it's easier to stay motivated; it also helps with personal safety. If you do go off running on your own, do try and tell someone where you are planning to go, the route and when you expect to be back. Should anything happen while you are away, people know how to find you.



## Hows and Whys and Other Tips for Beginners *continued*

### **How long to run for?**

In addition to the temptation of running too fast, the other common mistake for beginners is to try and run too far too early in the programme. So, follow the training programme exactly. After ten weeks you're then ready to run 5k without stopping to walk. Running has to be built up step-by-step if your joints, muscles and tendons are to get used to this new physical state. That is why the training-programme builds in one or two rest-days after each session. Respect the built-in rest-days and don't get over-enthusiastic and try to train every day. That's a sure way of getting an injury. If you have a pain in a muscle, don't train, but take an extra day of rest.

### **Are running-shoes really necessary?**

Don't attempt to run in old pumps, basketball or other shoes. The importance of good running shoes is well-attested and protects you against possible injuries. It is about the only equipment you need to buy in order to run. With running shoes the cushioning under the heel is extra thick. The uppers are usually synthetic, to allow maximum breathing from your feet, and to keep the shoes as light as possible, whilst also giving good toe-support. Ideally you should buy your shoes from a specialist running shop, of which there are several in Bradford, Ilkley and the neighbourhood. Find a shop with experienced specialists, and where they will spend some time with you and offer individual advice. The shops in Bradford and Ilkley have their own treadmill which videos your own running action. On the basis of this analysis they can find a shoe that balances any tendency of yours to turn your foot inwards or out.

### **Useful advice when buying shoes:**

- Don't trust the size marked on the boxes, but try the shoes on, tie them tightly and jog up and down the shop and, ideally, on the treadmill
- Wear the sort of socks that you normally wear when training with this sort of running shoe
- Don't buy shoes which are tight. The back of the shoe needs to grip your ankle, but the front needs to give adequate room to your toes. Normally you need to allow 1cm between your big toe and the front of the shoe. Often you need a half-size bigger with running shoes than is the case with normal shoes
- Be aware of the time of day when you buy the shoes. Don't try on shoes after you've done a long walk or at the end of a warm day, because your feet will have swollen up
- Replace your shoes in time. 1000 miles training is more than enough; from about 600 miles of use, the cushioning begins to fall away. Worn-out shoes are often the cause of injuries. So don't wait till your shoes are completely worn-out to buy a new pair. Better to buy the new pair and run them in side-by-side with the old pair over a number of weeks
- Prices vary enormously from £30 to £100 or more. The most expensive is not necessarily the best, and certainly not necessarily the best for you. Nevertheless, you may have to count on spending £60-80 for a decent pair
- Some brands have different shoes for men and women. The women's shoes are normally a variation of the men's, but typically have a narrower fitting.

### **Useful tips for keeping the shoes in condition:**

- Don't wash running shoes in a washing machine with biological washing powders
- Better to clean shoes with a soft brush and gentle soap
- Give the shoes time to dry, away from any source of heat, such as a boiler, in order to prevent the uppers contracting
- Avoid drying them in open sunlight, and never try and dry your shoes in a dryer – the heat of a dryer is fatal for the glueing and for the uppers



## Hows and Whys and Other Tips for Beginners *continued*

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### **What clothing to wear?**

Sports clothing is not primarily there to look nice, but they need to feel comfortable and allow the necessary freedom of movement. Buy decent quality material, since the clothing has to be washed so often. Running without socks increases the chances of blisters, through the greater rubbing. Preferably, buy thin socks, which are not too big for your feet, and ensure that there are no big pleats under your toes or soles. For women, a good sports bra is essential and almost as important as good running shoes. Women with larger breasts will definitely feel the benefit of a well-fitting, supportive bra that prevents too much movement of the breasts. Otherwise this can lead to annoyance or even pain when running longer distances. Try and find a model that is all-in-one, and doesn't have clips or any metal attachments.

### **Clothing for warm days:**

Running out in the fresh air in shorts feels great. But what shorts to choose? The most important is that you feel comfortable, can move freely. For women with quite muscular thighs, long cycling-type shorts that go down to above the knees are ideal, since they prevent rubbing between the thighs. Cotton shorts are less advisable. They weigh more than nylon or polyester, they absorb more water and eventually they can start to tear. Something light in nylon or polyester is better. Above your shorts you can wear a short-sleeved t-shirt, or a vest in very warm weather. In terms of material, cotton t-shirts absorb the sweat better than ones made of nylon or polyester, but as a result they become heavier, and they could then start rubbing against your skin and give you burnmarks. Lighter colours (e.g. white) absorb less heat than darker colours, and are better in warm weather.

### **Clothing for cold days:**

The clothing needs to keep in as much body-heat as possible and keep out the cold. Wear layers, like the skins of an onion. Better to wear more thin layers of clothing on top of each other than one thick top. Three layers is fine. The inner layer needs to soak up the sweat, or better still pass it through to the next layer. There is plenty of underwear in special material which offers both good insulation and transports your sweat to the next layer. The middle layer needs to insulate, but also partly absorb the sweat from the inner layer, so that the skin stays dry. The third or outer layer offers protection against the wind, water and snow. Plastic and nylon jackets are not ideal, because they keep the sweat in. More expensive jackets which are wind- and waterproof but still let sweat get out are the best. It's sensible to put off this sort of expense until you are sure that running really is going to form a fixed part of your life. In very cold weather, wear gloves and something over your head and ears – 40% of your body-heat escapes from your head and neck. Be careful running in the winter and particularly in the dark: wear reflective vests or strips on your arms.

### **What do runners eat?**

The ideal diet for runners is one with healthy, balanced ingredients, but with sufficient carbohydrates. Most Westerners eat far too much fat and too little carbohydrates. Carbohydrates are the best suppliers of energy. Healthy sources of carbohydrates are: bread, pasta, rice, potatoes and fresh or dried fruit. A runner is also well advised to eat regularly fresh greens, peas and beans, and cereals. Reduce the amount of fat, particularly fatty meats, and eat adequate amounts of skimmed or semi-skimmed dairy products. Choose healthy snacks: fruit, yoghurt or healthy biscuits. But try not to snack. Eat three times a day and don't skip meals. Eat 2-3 hours before training, but not later. Drink enough water, especially when the weather is warm. And drink after training, preferably water, even if you don't feel thirsty.

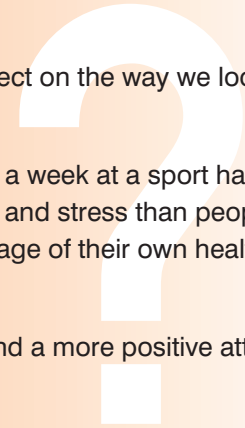
## Hows and Whys and Other Tips for Beginners *continued*

### *Do people who do sports think more positively? True or false?*

Doing a sport keeps the body in good shape. But does it also have a positive effect on the way we look at life? The answer is yes. People who do sports literally feel better in themselves.

From research in Finland it has been shown that people who train twice or thrice a week at a sport have significantly fewer problems with depressive feelings, anger, despair, aggression and stress than people who do little or no sport. Moreover, people who train regularly have a positive image of their own health and their own physical condition.

Enough scientific research shows a clear correlation between regular exercise and a more positive attitude to life. Perhaps something to think about during the long, dark nights of winter!



## Warming up

### **What?**

Warming-up is about preparing the body and the mind for the training session or race that is about to start

### **Why?**

The different parts of our body need to be brought bit-by-bit up to a temperature so that they can work smoothly and fluidly: the heart and the arteries, the lungs, the muscles and tendons

### **How?**

The ways of warming-up differ from person to person and between men, women and children. They differ because of physical build, working environment, health and other factors. Nevertheless, the following should always be included in a warm-up:

- 10-20 minutes gentle jogging at your own speed, without pushing at all
- Strides (short sprints of 50 yards, walking back to the start-point) and other running exercises (knees-up, heel-against-bum, skipping, etc.)

### **Note:**

In general it is advisable that older people spend longer warming up (in length and in types of stretching) than younger runners.

Don't treat warming-up as some huge burden; on the other hand, do treat it with the necessary attention and respect.

### **EXERCISES:**

#### **1. Skipping:**

Run about 15-20 yards slowly raising your knees so that they form a 90-degree angle with your body

#### **2. Heel-against-bum:**

Run about 15-20 yards slowly but in such a way that the backs of your heels clip the back of your bum

#### **3. Strides:**

Build up speed over 50-60 yards so that by the end you are reaching an easy sprinting speed. Come back to a standstill and then walk back. Repeat, concentrating on generating a fast, easy flowing style



# Stretching

## What?

Stretching involves a range of exercises to make your muscles lithe. Flexibility is attained through stretching muscles.

## Why?

To make movement more easy and supple

## How?

Perform any stretching exercises once the body has warmed up. The risk of injury is too high to do it without proper warming-up.

Stretching is not separate from running; it is integral to a training session.

## Stretching takes two forms:

- Dynamic – done during continuous motion of muscles
- Static – muscles are slowly stretched to their length

The most important muscles are those in the back, the upper legs and the calves.

## Guidelines on stretching:

- Find a good place to do the exercises
- Spend 20 seconds per stretch; later this can become 30 seconds
- Take time to relax and rest
- Rest and breath deeply between exercises
- Relax as much as possible the parts of the body which aren't being stretched

## Note:

Never stretch so far that you feel a pain. It is enough simply to feel that pressure is being put on the muscle(s). Pushing till you hurt leads to injuries.

## EXERCISES:

**Muscle-groups for stretching – see manuals depicting appropriate exercises:**

1. Hamstrings
2. Back and bum muscles
3. Groin
4. Hamstring, groin and back muscles together
5. Front thigh
6. Thigh and hip together
7. Calves
8. Back of calves
9. Back



## Cooling down

### What?

The body needs to recover from the stresses that it has undergone.

### Why?

During the exercise (a training session or a race), the body's temperature rises and it is important to bring it down to its normal temperature. When the body is warm the muscles are more receptive (but also more vulnerable!) to stretches, so this is an opportune moment to lengthen muscles. Equally, after heavy exercise muscles and nerves contract, so stretching is needed to prevent cumulative tightening of muscle groups or nerves.

### How?

Jog for about 10 minutes very gently. Incorporate a number of stretching or flexibility exercises (see the section before on Stretching).

### Note:

After a proper cooling-down you are cleansing the body to prepare it for its next set of stresses.

## Recoveries

### What?

The body needs to recover from hard training sessions (for experienced runners these sessions include intervals, speed sessions, long runs or races).

### Why?

The benefits of hard training sessions takes about 48 hours to seep into the body. Overhard exercise in this period is counterproductive and prevents the body gaining maximum benefit from the hard sessions.

### How?

Beginning runners may take two rest-days to allow their bodies to recover. More experience runners will have very gentle work-outs on the day or two following their two hard sessions in a week; and they will have one rest day each week. Elite athletes will focus on two very intensive sessions a week, with one long run each week counting as a hard session; in-between their training will be at 'recovery-pace', which will be very gentle runs.



## Training Programme: 5km Run

Week	Day	Minutes Running (R) and Walking (w)	Total mins
1	Sun	1R-1w-2RR-2ww-3RRR-3www-3RRR-3www-3RRR-3www	24
	Mon	Rest-day	
	Tue	2RR-2ww-2RR-1w-2RR-1w-2RR-1w-2RR-1w-2RR-1w-2RR-1w	25
	Wed	Rest-day	
	Thu	1R-1w-2RR-2ww-4RRRR-4www-4RRRR-3www-5RRRRR-1w	26
	Fr/Sa	Rest-days	
2	Sun	2RR-2ww-3RRR-2ww-5RRRRR-3www-5RRRRR-3www-5RRRRR-2ww	32
	Mon	Rest-day	
	Tue	2RR-1w-3RRR-2ww-6RRRRRR-2ww-6RRRRRR-2ww-7RRRRRRR-2ww	33
	Wed	Rest-day	
	Thu	2RR-2ww-4RRRR-2ww-5RRRRR-2ww-6RRRRRR-2ww-7RRRRRRR-2ww	34
	Fr/Sa	Rest-days	
3	Sun	5RRRRR-1w-6RRRRRR-2ww-7RRRRRRR-2ww-8RRRRRRR-1w	32
	Mon	Rest-day	
	Tue	8RRRRRRR-1w-8RRRRRRR-2ww-8RRRRRRR-1w-8RRRRRRR-1w	32
	Wed	Rest-day	
	Thu	9RRRRRRRR-2ww-10RRRRRRRR-2ww-12RRRRRRRR-1w	37
	Fr/Sa	Rest-days	
4	Sun	15RRRRRRRRRR-2ww-15RRRRRRRRRR-2ww	34
	Mon	Rest-day	
	Tue	10RRRRRRRR-1w-12RRRRRRRR-1w-12RRRRRRRR-1w	37
	Wed	Rest-day	
	Thu	10RRRRRRRR-1w-20RRRRRRRRRR-1w	32
	Fr/Sa	Rest-days	
5	Sun	30 minutes jogging with 1-2 minutes walking, as required	
	Mon	Rest-day	
	Tue	32 minutes jogging with 1-2 minutes walking, as required	
	Wed	Rest-day	
	Thu	30 minutes jogging without any walking	
	Fr/Sa	Rest-days	
6	Sun	5 km test	

