

## Welcome to the Unity Fitness 12 Week Running Programme



### Running has numerous Health & Fitness benefits:

- It's free, can be done anywhere & at any time of day.
- Running helps to build strong bones because it's a weight bearing exercise.
- Keeps our joints healthy.
- Running strengthens & builds our muscles.
- Running improves our Cardiovascular System (Heart & Lungs).
- Running helps you to maintain a healthy weight.
- Running improves physical & mental health.
- Running reduces stress.

**PLUS MUCH MUCH MORE!!!!**



Over a 12 week period the aim is to go from walking 30 minutes to being able to run consistently for 30 minutes.

A great distance to aim for in the long term is 5k - about 3.1 miles.

**What we want you to do first is to ask yourself the following:**

- 1) Why do I want to run? Is it because everyone is doing it or do I genuinely want to improve my running.
- 2) How far do I want to be able to run?
- 3) Am I training for a specific event? Or am I running to keep fit & healthy?

**About the Programme:**

The only prerequisite for this programme is that you should be able to complete a 30 minute unbroken walk, after that the programme is 12 weeks in length. It's important that you can walk constantly for a period of 30 minutes before trying to run.

Like most things in life, running requires practice, patience & consistency. Running is no different to all of the skills we coach at Unity Fitness, it also requires a degree of technique, otherwise we find ourselves suffering with common running problems like achilles trouble, knee pain & tight calves /feet etc. So the more we practice the better we become at it.

The Unity Fitness running programme requires you to repeat each walk/run for that week (ideally 4 times, but if not 3), allowing us to form a new "Healthy Habit".

Forming a new habit takes will-power & is no walk in the park. Most people struggle with forming & keeping new habits, they lose motivation overtime & in the process find themselves off track. The Unity Fitness 12 weeks running programme has been designed so that it is manageable for all & therefore allows "Everyone to be Successful".



The weekly repetition is what will make walking and eventually running feel easier. Over a period of weeks and months, you'll develop more leg and lung power, gain more mental endurance & you never know, you might actually learn to love running.

The number one thing that derails people who want to improve their running is the feeling of not being able to breath or having enough air. It's not a pleasant feeling and if you're running too fast, you'll likely find yourself struggling for air or not being able to catch your breath.

So take it slow, especially at first, as your legs and lungs are building up to running. Don't worry at all about speed or the distance you have run . It simply doesn't matter. You should be able to talk, at least a little, while you're walking and running. If you can't, you're going too fast.



Getting stitch is also another common problem many people suffer with, there are many researchers out there who have their own theories on why we get stitch but there is no real definitive answer. Some suggestions to help prevent getting stitch are:

- To stay well hydrated the day before.
- Drink only small amounts of water before you run.
- Don't run on a full stomach.
- Don't eat within 2 hours of running.

We would suggest that you take a little time each evening to plan when you'll walk or run the next day, so you're both mentally & physically prepared.

If you have any problems then please feel free to drop Lisa a message. Make sure that you do a warm up / cooldown before & after each of your sessions.

\*\*\*Remember that this is the most important part of your session\*\*\*

Please scroll to the bottom to find the Unity Fitness 12 Week Running Programme & your daily / weekly tracking sheet.

Enjoy & have fun!!

Don't forget to let us know how you get on.

Team Unity

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| Week Number:             | Task:  | How Many Times Per Week:         | Duration each Session: |
|--------------------------|--|----------------------------------|------------------------|
| <b>Pre-Run Programme</b> | 30 Minute Consistent Walk                                      | Once before the programme begins | 30 Minutes             |
| <b>Week 1</b>            | 4 Minutes Walk - 1 Minute Run x 6                              | 3-4 times                        | 30 Minutes             |
| <b>Week 2</b>            | 4 Minutes Walk - 2 Minutes Run x 5                             | 3-4 times                        | 30 Minutes             |
| <b>Week 3</b>            | 3 $\frac{1}{2}$ Minutes Walk - 2 $\frac{1}{2}$ Minutes Run x 5 | 3-4 times                        | 30 Minutes             |
| <b>Week 4</b>            | 3 $\frac{1}{2}$ Minutes Walk - 2 $\frac{1}{2}$ Minutes Run x 6 | 3-4 times                        | 36 Minutes             |
| <b>Week 5</b>            | 3 Minutes Walk - 3 Minutes Run x 5                             | 3-4 times                        | 30 Minutes             |
| <b>Week 6</b>            | 2 $\frac{1}{2}$ Minutes Walk - 3 $\frac{1}{2}$ Minutes Run x 5 | 3-4 times                        | 30 Minutes             |
| <b>Week 7</b>            | 2 $\frac{1}{2}$ Minutes Walk - 3 $\frac{1}{2}$ Minutes Run x 6 | 3-4 times                        | 36 Minutes             |
| <b>Week 8</b>            | 2 Minute Walk - 5 Minute Run x 4                               | 3-4 times                        | 28 Minutes             |
| <b>Week 9</b>            | 2 Minute Walk - 5 Minute Run x 5                               | 3-4 times                        | 35 Minutes             |
| <b>Week 10</b>           | 1 Minute Walk - 6 Minutes Run x 4                              | 3-4 times                        | 28 Minutes             |
| <b>Week 11</b>           | 1 Minute Walk - 7 Minutes Run x 4                              | 3-4 times                        | 32 Minutes             |
| <b>Week 12</b>           | 30 Minutes Run   | Once                             | 30 Minutes             |



### Unity Fitness Running Training Plan

|         | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Notes: |
|---------|--------|---------|-----------|----------|--------|----------|--------|--------|
| Week 1  |        |         |           |          |        |          |        |        |
| Week 2  |        |         |           |          |        |          |        |        |
| Week 3  |        |         |           |          |        |          |        |        |
| Week 4  |        |         |           |          |        |          |        |        |
| Week 5  |        |         |           |          |        |          |        |        |
| Week 6  |        |         |           |          |        |          |        |        |
| Week 7  |        |         |           |          |        |          |        |        |
| Week 8  |        |         |           |          |        |          |        |        |
| Week 9  |        |         |           |          |        |          |        |        |
| Week 10 |        |         |           |          |        |          |        |        |
| Week 11 |        |         |           |          |        |          |        |        |
| Week 12 |        |         |           |          |        |          |        |        |

**Use the chart above to plan your weekly Walk / Runs.**

**You don't have to stick to the same days each week.**

**If you are able to, you will complete the task set for each week 4 times (3 times if not), no less.**

**Make sure that you warm up & cool down before & after each session.**