

Beginner Running Program – The CPCF Race to the Next Million!

This program gradually gets you ready to run a 5K race using a combination of running and walk breaks for about 30 minutes each run. Start each run with a 10 minute warm-up walk, and end with a 10 minute cool down walk. (50 minutes total) Run at an easy pace where you can hold a conversation, no gasping for breath allowed! Walk breaks are important as you get used to running and help keep you injury free. Equally important is to be properly hydrated – drink lots of water before, during and after your run. If you have any health issues, heart problems, asthma, injuries – always get permission from your doctor before starting any exercise program. Stay relaxed, don't forget to breath and most importantly have Fun! You'll do great! Email me with any questions: justgetoutthereandrun@gmail.com – Karen Graham

	Thursday	Friday	Sat	Sun	Mon	Tues	Wed
Week 1 July 6 - 12	Run 1 min Walk 2 mins (10 Times)	Rest	Run 1 min Walk 2mins (10 Times)	Rest	30 min Walk or cross train	Run 1 min Walk 2mins (10 Times)	Rest
Week 2 July 13-19	Run 1 min Walk 1 min (15 Times)	Rest	Run 1 min Walk 1 min (15 Times)	Rest	30 min Walk or cross train	Run 1 min Walk 1 min (15 Times)	Rest
Week 3 July 20-26	Run 2 min Walk 1 min (10 times)	Rest	Run 2 min Walk 1 min (10 times)	Rest	30 min Walk or cross train	Run 2 min Walk 1 min (10 times)	Rest
Week 4 July 27 – Aug 2	Run 3 min Walk 1 min (7 times)	Rest	Run 3 min Walk 1 min (7 times)	Rest	30 min Walk or cross train	Run 3 min Walk 1 min (7 times)	Rest
Week 5 Aug 2 - 9	Run 4 min Walk 1 min (6 times)	Rest	Run 4 min Walk 1 min (6 times)	Rest	30 min walk or cross train	Run 4 min Walk 1 min (6 times)	Rest
Week 6 Aug 10-16	Run 4 min Walk 1 min (6 times)	Rest	Run 4 min Walk 1 min (6 times)	Rest	35 min walk or cross train	Run 4 min Walk 1 min (6 times)	Rest
Week 7 Aug 17 -23	Run 5 min walk 1 min ((5 times)	Rest	Run 5 min walk 1 min ((5 times)	Rest	35 min walk or cross train	Run 5 min walk 1 min (5 times)	Rest
Week 8 Aug 24 - 30	Run 6 min Walk 1 min (4 times)	Rest	Run 6 min Walk 1 min (4 times)	Rest	40 min walk or cross train	Run 6 min Walk 1 min (4 times)	Rest
Week 9 Aug 31 – Sept 6	Run 8 min Walk 2 min (3 times)	Rest	Run 8 min Walk 2 min (3 times)	Rest	Run 8 min Walk 2 min (3 times)	Rest	Rest
Week 10 Sept 7 - 13	Race Day! Run 8 min Walk 1 (4 times)	Rest	Run 8 min Walk 1 (4 times)	Rest	40 min walk or cross train	Rest or Walk 30 min	Rest

Beginner FAQs

Is it normal to feel pain during running?

Some discomfort is normal as you add distance and intensity to your training. But real pain isn't normal. If some part of your body feels so bad that you have to run with a limp or otherwise alter your stride, you have a problem. Stop running immediately, and take a few days off. If you're not sure about the pain, try walking for a minute or two to see if the discomfort disappears.

Do I have to wear running shoes, or are sneakers fine?

Running doesn't require much investment in gear and accessories, but you have to have a good pair of running shoes. Unlike sneakers, running shoes are designed to help your foot strike the ground properly, reducing the amount of shock that travels up your leg. They're also made to fit your foot snugly, which reduces the slipping and sliding that can lead to blisters. Visit a specialty running store to find the right shoe for you.

What's the difference between running on a treadmill and running outdoors?

A treadmill "pulls" the ground underneath your feet, and you don't face any wind resistance, both of which make running somewhat easier. Many treadmills are padded, making them a good option if you're carrying a few extra pounds or are injury-prone and want to decrease impact. To better simulate the effort of outdoor running, you can always set your treadmill at a 1-percent incline.

Where should I run?

You can run anywhere that's safe and enjoyable. The best running routes are scenic, well lit, free of traffic, and well populated. Think of running as a way to explore new territory. Use your watch to gauge your distance, and set out on a new adventure on each run. Ask other runners about the best local routes.

I always feel out of breath when I run. Is something wrong?

Yes, you're probably trying to run too fast. Relax. Slow down. One of the biggest mistakes beginners make is to run too fast. Concentrate on breathing from deep down in your belly, and if you have to, take walking breaks.

I often suffer from a side stitch when I run. Will these ever go away?

Side stitches are common among beginners because your abdomen is not used to the jostling that running causes. Most runners find that stitches go away as fitness increases. Also, don't eat any solid foods during the hour before you run. When you get a stitch, breathe deeply, concentrating on pushing all of the air out of your abdomen. This will stretch out your diaphragm muscle (just below your lungs), which is usually where a cramp occurs.

Should I breathe through my nose or my mouth?

Both. It's normal and natural to breathe through your nose and mouth at the same time. Keep your mouth slightly open, and relax your jaw muscles.

Just Get Out There and Run!

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