



MFS Functional Fitness

Beginner Running Program

The beginner running program, assume you are currently inactive and/or do not currently run. This is a modified version of a program which has been demonstrated to safely progress inactive individuals from no running-to-running 3km continuously. Recording your progress may be a helpful way to stay motivated,

Each session should incorporate a 10 – 15 minute warm up prior to the running, an example is provided below.

At the conclusion of the session a cool down of walking and static stretching is also recommended.

Warm Up

- **Walk** (1 minute) > **Brisk Walk** (1 minute) > **Jog** (60 seconds) > **Brisk Walk** (30 seconds)
- **Easy Leg Swings** x 10 each leg
- **Lunge + Twist** x 10
- **Knee Hugs** x 5 each side
- **Standing Calf Raise** x 10
- **Lunge Calf Stretch** x 30 seconds each side
- **Windmill Stretch** x 10
- **Walking Hamstring Sweep** x 10
- **Open/Shut the Gates** x 5 each side

Week	Day 1	Day 3	Day 5
1	Runs: 1-1-2-1-1-2 min (zone 1) Walk between runs = 3 min	Runs: 6 x 2 min (zone 1) Walk between runs = 2 min	Runs: 1-2-3-2-1 min. (zone 1) Walk between runs = 3 min
2	Runs: 1-2-3-2-4 min. (zone 1) Walk between run = 2 min	Runs: 4 x 3 min (zone 1) Walk between runs = 2 min	Runs: 2-3-2-3 min (zone 1) Walk between runs = 2 min
3	Runs: 2-4-5 min. (zone 1) 3 x 2 min. (zone 2) Walk between runs = 2 min	Runs: 5 x 3 min (zone 1) Walk between runs = 2 min	Runs: 6 x 2 min (zone 2) Walk between runs = 3 min
4	Beep Test Trial	Runs: 4 x 5 min (zone 1) Walk between runs = 2 min	Runs: 1-2-3-1-2-3 min. (zone 2) Walk between runs = 2 min
5	Runs: 3 x 8 min (zone 1) Walk between runs = 2 min	Runs: 4 x 6 min (zone 1) Walk between runs = 2 min	Runs: 6 x 3 min (zone 2) Walk between runs = 2 min
6	Runs: 5-10-12 (zone 1) Walk between runs = respectively 2 and 4 min.	Runs: 4 x 4 min. (zone 2) Walk between runs = 2 min	Runs: 6-5-4-2 min. (zone 1,1,2,2) Walk between runs = 2 min
7	3 kms of consecutive running	Beep Test Trial	Runs: 6 x 2 min (zone 2) Walk between runs = 3 min
8	PAT 1		

Zone 1 = Easy running, or Easy Effort; **Zone 2** = Running faster, or Hard Effort



Cool Down

Hold each stretch for 60 seconds, on each leg.

- Hamstring Stretch (Seated or Standing)
- Quadriceps Stretch (Lying or Standing)
- Adductor Stretch (Seated or Standing)
- Hip Flexor Stretch (Half Kneeling)
- Piriformis Stretch (Seated)
- Glute Stretch (Seated)
- Calf Stretch (High Plank or Lunge Position)

Recording Sheet

Week	Day 1	Day 3	Day 5
1	Beep Test Level -	Distance – RPE –	Distance – RPE –
2	Distance – RPE –	Distance – RPE –	Distance – RPE –
3	Distance – RPE –	Distance – RPE –	Distance – RPE –
4	Beep Test Level -	Distance – RPE –	Distance – RPE –
5	Distance – RPE –	Distance – RPE –	Distance – RPE –
6	Distance – RPE –	Distance – RPE –	Distance – RPE –
7	Distance – RPE –	Beep Test Level -	Distance – RPE –