



## **Couch To 2.4km - 8 Week Beginners Running Program**

The Couch to 2.4km program is designed to assist those applicants who are new to running and don't classify themselves as a runner or are starting up again after time off due to injury or other reasons.

The speed at which you run during this program is up to you. As mentioned this is a beginners level program however the idea is to attempt to run without stopping for each allocated time. If you are finding a particular week hard to complete then don't hesitate to just repeat that week until you are comfortable then move onto the next week when you are ready.

Prior to commencing each running session ensure you complete the allocated Warm Up and then complete the Cool Down post run.

### **Warm Up**

To be conducted prior to commencing each running session.

30sec of each of the following:

Leg swings each side

Mountain climbers

Walking hamstring stretch

Walking glute stretch

High knees

Butt kicks

Jogging on the spot

2 minutes of own stretches on areas you are feeling tight

### **Cool Down**

To be conducted at the completion of each running session

30sec hold on each of the following:

Calf stretch

Hamstring stretch

Quad stretch

Glute stretch

Groin stretch

Hip flexor stretch

Child's pose stretch



## The Program

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
<b>WEEK 1</b>	1min run 4min walk x 4	Rest	1min run 4min walk x 5	Rest	1min run 4min walk x 6
<b>WEEK 2</b>	2min run 3min walk x 4	Rest	2min run 3min walk x 5	Rest	2min run 3min walk x 6
<b>WEEK 3</b>	3min run 2min walk x 5	Rest	Rest	3min run 2min walk x 6	Rest
<b>WEEK 4</b>	4min run 2min walk x 4	Rest	4min run 2min walk x 5	Rest	4min run 2min walk x 6
<b>WEEK 5</b>	5min run 2min walk x 3	Rest	5min run 2min walk x 4	Rest	5min run 2min walk x 5
<b>WEEK 6</b>	7min run 3min walk x 2	Rest	7min run 3min walk x 3	Rest	7min run 3min walk x 3
<b>WEEK 7</b>	10min run 3min walk x 2	Rest	Rest	10min run 3min walk x 3	Rest
<b>WEEK 8</b>	12min run 5min walk x 2	Rest	Rest	2.4km run Best effort	Rest

### Tips for success:

- Stay hydrated.
- Consider your nutrition as a priority.
- Ensure your running shoes are the right ones for your feet and make sure they aren't older than 6 months.
- Rest when injured. Training through an injury can prolong the recovery therefore possibly jeopardizing your application.
- Complete the warm up and cool down every time!
- Enjoy the process