



Barlick Fell Runners

Beginners Training Programme

If you miss a session, try and get out on your own and do it so you don't stop progressing. It would be even better if you could get out and repeat the session yourself at least once more in the week as well.

Week 1 Brisk five minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

Week 2 Brisk five minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.

Week 3 Brisk five minute warmup walk, then do two repetitions of the following: jog 200 yards (or 90 seconds), walk 200 yards (or 90 seconds), jog 400 yards (or 3 minutes), walk 400 yards (or three minutes).

Week 4 Brisk five minute warmup walk, then: jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes), walk 1/4 mile (or 2-1/2 minutes), jog 1/4 mile (or 3 minutes), walk 1/8 mile (or 90 seconds), jog 1/2 mile (or 5 minutes).

Week 5 Brisk five minute warmup walk, then: jog 1/2 mile (or 5 minutes), walk 1/4 mile (or 3 minutes), jog 1/2 mile (or 5 minutes), walk 1/4 mile (or 3 minutes), jog 1/2 mile (or 5 minutes).

Week 6 Brisk five minute warmup walk, then: jog 3/4 mile (or 8 minutes), walk 1/2 mile (or 5 minutes), jog 3/4 mile (or 8 minutes).

Week 7 Brisk five minute warmup walk, then: jog 1 mile (or 10 minutes), walk 1/4 mile (or 3 minutes), jog 1 mile (or 10 minutes).

Week 8 Brisk five minute warmup walk, then jog two miles (or 20 minutes) with no walking.

Week 9 Brisk five minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.

Week 10 Brisk five minute warmup walk, then jog 2.5 miles (or 25 minutes).

Week 11 Brisk five minute warmup walk, then jog 2.75 miles (or 28 minutes).

Week 12 Brisk five minute warmup walk, then jog 3 miles (or 30 minutes). The final workout! Congratulations!