

Running to stay fit 2

If you started running with the schedule I proposed and you haven't injured yourself so far, then here are schedules for week 3 & 4.

Week 3

3 minutes of jogging, 1 minute of walking, 4 minutes of jogging, 2 minutes of walking.

If you do this 3 or 4 times, you'll be gone for 30-40 minutes.

The intensity remains the same. A speed at which you can keep talking. If that's a difficult advice, because you're running alone, then think of it as bird watching speed.

Week 4

3,4,5,4,3,4,5,4,3 minutes of jogging, with 1 minute of walking after the 3 & 4 minute intervals and 2 minutes of walking after the 5 minute intervals. This means a 45 minute workout.

These work outs should also be 2 or 3 times a week, with at least 2 days in between to give your body the time to recover. (Keep "listening" to your body!)

Some more running tips.

Try to maintain a breathing pattern in which you use more time to exhale than to inhale. I normally do this by using my steps. I try to use 2 more steps for exhaling than for inhaling. For example: At my "bird watching" intensity I inhale during 3 or 4 steps and exhale during 5 or 6 steps. When I'm running at a higher speed the breathing frequency may go up to 2 in, 4 out or even 2 in, 3 out.

Tips & advice for advanced runners

When you're used to run 2 or 3 times a week for at least 30 minutes, you might be interested in improving your performance. When you want to run faster, my first advice is to run longer. When you increase your mileage, you'll get stronger which will result in running faster. But the contradiction is to keep your running speed down during your long endurance run.

Also, don't increase your mileage too quickly. If there's one reason for sustaining an injury it's by running too long and too fast. For your long endurance run (once a week) you should stick to the same advice as in the advice for the beginners. You have to be able to keep talking/bird watching. Furthermore, stick to an increase of your running distance of 10% per week.

Apart from increasing your mileage, you should also include regular speed work outs in your program. But not too often. If you run 3x a week, my advice would be to only include one speed work out.

Speed work outs very often take the form of interval work outs. My first suggestion would be:

First take some 10-15 minutes for a warm up with gentle jogging, dynamic stretching, and maybe some running exercises.

Then start with 4 minutes running at a speed that feels still comfortable, but that possibly doesn't allow you to keep talking, at least not the whole 4 minutes. After the initial 4 minutes you increase your speed for 1 minute. After this minute you take 3 minutes for an active recovery, at which you keep jogging.

Repeat this 8 minute cycle 3 more times, which gives you a 32 minute speed work out. For a cooling down you could extend the last 3 minutes of jogging to 10 minutes, or you can walk for 5-10 minutes.

Back home, usually after my shower, I use some static stretching to gently reduce my muscle tone.

For some dynamic stretching for your warming up a video will be included on this website later.