

Annapolis Striders

Beginning Running Program – Schedule

Check with your doctor if you have not been active prior to participating in this program.

This is a 10 Week program. Start with dynamic warmup and a 5-10 minute walk to warm up. Be sure to cool down with a 5-10 minute walk followed by static stretching exercises.

Sessions will be held Tuesdays and Thursdays at 6 pm and Saturday/Sundays at 8 am.

<u>Week</u>	<u>Total running time</u>
1. Run 1 min, walk 2 min, 7 times	7min
2. Run 1 min, walk 1 min, 10 times	10 min
3. Run 2 min, walk 1 min, 7 times	14 min
4. Run 3 min, walk 1 min, 5 times	15 min
5. Run 4 min, walk 1 min, 4 times	16 min
6. Run 5 min, walk 1 min, 3 times, then run 2 min	17 min
7. Run 6 min, walk 1 min, 3 times	18 min
8. Run 8 min, walk 1 min, 2 times, then run 3 min	19 min
9. Run 10 min, walk 1 min, 2 times	20 min
10. Run 20 min nonstop	20 min
11. Run 10 min on Tuesday. Rest and taper during the week and do the 5K race as a "graduation" gift.	

If you can't attend a session, please make sure that you follow the run/walk schedule at least 3 times a week. On other days, consider cross training - swimming, spinning/cycling, strength training, yoga, etc.

Join our “Annapolis Striders 5k Class” Facebook page

The Beginning Running Program - Rules

Rule #1 - Have fun! Run with a smile!

Rule #2 - There are no dumb questions! Ask your coaches and mentors anything.

Rule #3 - We leave no runner behind! Everybody runs and everybody finishes.

Rule #4 - No running in lane 1 of the track - reserved for elite runners!

Rule #5 – “Walk briskly! This is not a stroll!” (Col. Ben Moore – Hoorah!).

Rule #6 – It’s best be running and upright over the finish line ... and don’t die!

Rule #6B – Runner’s don’t die, they just smell like it. Rinse clothes in plain white vinegar.

Rule #7 – Good or bad day? Just show up and run! The group therapy will do the rest.

Rule# 8 – Hydrate, hydrate, hydrate! Drink water before, during and after you run!

Rule# 9 – Run safe. Wear reflective gear, bright clothes, lights and RoadID.

Rule#10 – Yes, we run in the rain, but not thunderstorms. Get a cheap plastic poncho.

Rule #11 - Be your own little rain cloud dripping down the streets! Connie Musgrove

Rule #13 - No walking downhill! Never, never, never, ever, ever, never, never, ever!

Rule #17 - No cotton socks or clothes! Use “technical” wicking synthetics.

Rule #22 - If at first you don't succeed... try doing what your coach told you the first time.

Rule #33 –What is said and happens on a run, stays on the run! Rob Smith

Rule #42 – Do or not do, there is no try! Yoda

Rule # 49 - There is no whining in running! Have acute pain? Get it checked out.

Rule # 51 - (corollary to # 49) Suck it up, buttercup! You will get stiff and sore.

Rule # 63 - "Boyle's Law" Exercise will keep you from becoming a well-rounded person.

Rule #101 – Breathing, generally in and out, is good. Open your mouth.