



5 K BEGINNERS GUIDELINES :

“How are you constantly motivated”? A question I am asked all the time.

The answer is simple.

Motivation comes from within---- If you have a vision and goal to look ahead to, you will be motivated to complete it with all your mind.

I follow 3 simple principles. Determination. Dedication and Discipline. And with that I conquered every goal I set my heart upon.

- **Who** is the 5K beginners program for and where can one run it?

For those who struggled to get out of bed. For those who dislike running. And for those who did not have the right guidance before starting off. It is one of the easiest programs for anyone who has never run before. This program is preferred to be performed on grass, mud or trail paths.

- **How** long is the program?

It is a 6 week program with a mix of walking, jogging, climbing and strength training. Climaxing with a self race in a park on the last Sunday of the 6th week.

- **How** do you classify a run?

A run can be classified in 3 steps - Slow Jogging/Fast Jogging, Striding and Sprinting.

The Beginners program is all about slow jogging (conversational pace, moving; yet having the ability to speak to someone while running. Maintaining your heart beats at a very low rate) and getting through the distance with no time or stop watch.

- **What** is a brisk walk up the stairs?

A brisk walk is a fast walk which comes between slow walking and jogging. Keeping the body tight and braced while you keep elevating the body to walk upwards.

- **Interval** Training.

To improve your pace, you sometimes need to train at a slightly faster pace with a lesser recovery time. An example of an interval training session is this.

2 mins jog with 1 minute rest x 10 repetitions’.

- **Rest.**

You cant train hard unless you are well rested. The program has included 2 designated rest days for your body to fully recover. Thursday and Sundays. The last week of your program is tapering week. One where you need most recovery, good food and lots of fluids.

- **Hydration.**

Our body is 60% water. SO don’t neglect the most important part of your training. Hydration is key. No matter which season you are going to run this program in. Electrolytes in the form of coconut water are your most natural source of vitamins and salts.

- **Tabata** and AMRAP Workout.

This program includes 2 Tabata sessions and 1 AMRAP workout to build a little fun factor and strength endurance into your muscles.

A Tabata workout is 20 secs on 10 secs off workout. Where you do the exercise for 20 secs and rest for 10. A link will be attached to your program for your reference exercises. Along with a link of the music piece for your perusal.

An AMRAP is a 15 to 20 mins workout of 5 to 6 exercises, building your heart rate and making you feel a flush of lactic acid. You train for time, which means you have to keep a count of how many rounds of those exercises you can complete in 15/20 mins. A link will be attached to your program for your reference exercises. The music can be of your choice. *don’t forget to time yourself for those mins*.

- **Race**

Some racing is useful in helping you feel a sense of accomplishment. It never matters what time you ran or where you ran. What matters is the feeling of completion without a break.

The program is a guide to beginners running. You can at any point tweak the time, or rest time or modify exercises according to your fitness level. While we are not running for time in this program it is still important to have a regular stop watch in your hand to mark the minutes and rest times given in the schedule.

For more queries and feedback you can write in the box/ comments section below and I will be happy to guide you at every step of the way.

DISCLAIMER: Please make sure you are in perfect health condition and have a medical clearance incase of prevailing or past health conditions or injuries. Fitgirl shall not be liable for the same. We follow a no refund policy. Plans once purchased shall not be refunded*