

## **New Runners: Getting Ready for the Season**

Here’s a simple walk/run program that will get you in shape enough to run with everyone else when practice starts on July 11. The key is to follow the plan consistently and repeat the suggested workout **at least 4 days each week**. This allows plenty of time for your body to get used to running, and also time for your muscles to recover. Before getting started, here are a few tips:

- \* Make sure you have a good pair of RUNNING SHOES – not cross trainers, walking, or basketball shoes.
- \* Wear a watch and time your running/walking,
- \* Start slowly. The idea is to run for the recommended times consistently, but don’t sprint!
- \* Be safe. Run on the sidewalk and bring a friend – even someone on a bike.
- \* Run early in the day when the weather is cooler and other plans don’t get in the way.
- \* Drink plenty of water before and after you run.
- \* Be consistent. If you are following the workouts at least 4 days a week, it will get easier.

Week of:	Run	Walk	Repeat	Total time	Repeat this workout 4-5 days each week Write down number of workouts completed here.
5/29 – 6/4	1 minute	1 minute	10 times	20 minutes	
6/5 – 6/11	2 minutes	1 minute	7 times	21 minutes	
6/12 – 6/18	3 minutes	1 minute	5 times	20 minutes	
6/19 – 6/25	4 minutes	1 minute	4 times	20 minutes	
6/26 – 7/2	6 minutes	1 minute	3 times	21 minutes	
7/3 – 7/9	10 minutes	1 minute	2 times	22 minutes	
7/10- 7/16	PR	AC	TI	CE	BEGINS

\* If you are truly a new runner, stick to the schedule. Everyone’s starting fitness level is different and this may seem easy at first. Stay with the same workout for 3 or 4 workouts, then move up! Remember to be consistent. See you at practice!!