

Aboriginal Physical Activity & Cultural Circle

5km Learn to Run Program

Frequency: The following program is designed to be performed 3 times per week. If you are feeling ambitious please add a walk uphill, such as a hike on your day off. It is recommended that there is a day between sessions.

Intensity: The walking time is meant to be brisk where your heart rate and breathing is elevated. You want to be walking at a pace where you can feel your body becoming warmer. Ensure to use your arm swing when you are walking and running to help with forward momentum. The running can be a slow jog when you start, and work up to a quiet run by week 4. It is really important to remember when you run that your feet are quiet, which reduces the impact in to the ground and reduces stress on your joints.

Type: Walking and Running is mainly a cardiovascular exercise and improves your heart, lungs, and circulatory system. Walking and running is also weight bearing for the lower body so there is also benefits for the bone density for your legs.

Time: The program is performed by time but can be changed with distance 10 seconds can be replaced with the distance between telephone poles (50 to 75 meters depending on territory). So 100 telephone poles would be around 5 to 7.5 kilometres, however, it would be recommended that you measure a few with your car speedometer or steps to know what the average distance between poles for your territory. Therefore, when you are running for 30 seconds that equals three telephone poles, and for each minute that would equal 6 telephone poles.

August 19, 2012

Week 1 (66 minutes)

Session 1: Warm up: Walk slow and easy 5 minutes
Run 30 seconds. Walk 2 minutes. Do this 4 times (10 minutes)
Cool down: Walk slow and easy 5 minutes (total 20 minutes)

Session 2: Warm up: Walk slow and easy 6 minutes
Run 40 seconds. Walk 2 minutes and 20 seconds. Do this 4 times (12 minutes)
Cool down: Walk slow and easy 6 minutes (total 24 minutes)

Session 3: Warm up: Walk slow and easy 5 minutes
Run 1 minute. Walk 2 minutes. Do this 4 times (12 minutes)
Cool down: Walk slow and easy 5 minutes (total 22 minutes)

Week 2 (83 minutes)

Session 1: Warm up: Walk fast 6 minutes
Run 1 minute. Walk 1 minute. Do this 5 times (10 minutes)
Cool down: Walk slow and easy 6 minutes (total 22 minutes)

Session 2: Warm up: Walk fast 5 minutes
Run 2 minutes. Walk 2 minutes. Do this 5 times (20 minutes)
Cool down: Walk slow and easy 5 minutes (total 30 minutes)

Session 3: Warm up: Walk fast 5 minutes
Run 1 ½ minutes. Walk 2 minutes. Do this 6 times (21 minutes)
Cool down: Walk slow and easy 5 minutes (total 31 minutes)

Week 3 (94 minutes)

- Session 1: Warm up: Walk fast 2 minutes, light jog for 2 minutes, walk fast 1 minute
Run 2 minutes. Walk 2 minutes. Do this 4 times (16 minutes)
Cool down: Walk slow and easy 5 minutes (total 26 minutes)
- Session 2: Warm up: Walk fast 2 minutes, light jog for 2 minutes, walk fast 1 minute
Run 3 minutes. Walk 2 minutes. Do this 5 times (25 minutes)
Cool down: Walk slow and easy 5 minutes (total 35 minutes)
- Session 3: Warm up: Walk fast 2 minutes, light jog for 2 minutes, walk fast 1 minute
Run 2 minutes. Walk 1 minute. Do this 5 times (15 minutes)
Run 2 minutes. Walk 2 minutes. Do this 2 times (8 minutes)
Cool down: Walk slow and easy 5 minutes (total 33 minutes)

Week 4 (101 minutes)

- Session 1: Warm up: Walk fast 1 minute, light jog for 3 minutes, walk fast 1 minute
Run 3 minutes. Walk 30 seconds. Do this 6 times (21 minutes)
Cool down: Walk slow and easy 5 minutes (total 31 minutes)
- Session 2: Warm up: Walk fast 1 minute, light jog for 3 minutes, walk fast 1 minute
Run 4 minutes. Walk 1 minute. Do this 6 times (30 minutes)
Cool down: Walk slow and easy 5 minutes (total 40 minutes)
- Session 3: Warm up: Walk fast 1 minute, light jog for 3 minutes, walk fast 1 minute
Run 4 minutes. Walk 1 minute. Do this 4 times (20 minutes)
Cool down: Walk slow and easy 5 minutes (total 30 minutes)

Week 5 (93 minutes)

- Session 1: Warm up: light jog for 4 minutes, walk fast 1 minute
Run 4 minutes. Walk 30 seconds. Do this 4 times (18 minutes)
Cool down: Walk slow and easy 6 minutes (total 29 minutes)
- Session 2: Warm up: light jog for 4 minutes, walk fast 1 minute
Run 5 minutes. Walk 30 seconds. Do this 4 times (22 minutes)
Cool down: Walk slow and easy 6 minutes (total 33 minutes)
- Session 3: Warm up: light jog for 4 minutes, walk fast 1 minute
Run 6 minutes. Walk 1 minute. Do this 3 times (21 minutes)
Cool down: Walk slow and easy 5 minutes (total 31 minutes)

Week 6 (99 minutes)

- Session 1: Warm up: Light jog for 5 minutes, walk 30 seconds
Run 7 minutes. Walk 30 seconds minute. Do this 3 times (22 ½ minutes)
Cool down: Walk slow and easy 5 minutes (total 33 minutes)
- Session 2: Warm up: Light jog for 5 minutes
Continue to Run (pick up pace a little) for 5 more minutes. Walk 2 minutes.
Run 10 more minutes times (17 minutes)
Cool down: Walk slow and easy 6 minutes (total 28 minutes)
- Session 3: Warm up: Light jog 5 minutes
Run 5 minutes. Walk 1 minute. And then...
Run 10 minutes, Walk 1 minute. Do this 2 times (28 minutes)
Cool down: Walk slow and easy 5 minutes (total 38 minutes)

Week 7 (131 minutes)

- Session 1: Warm up: Light Jog 10 minutes, walk 1 minute
Run 10 minutes. Walk 1 minute. Do this 2 times (22 minutes)
Cool down: Walk slow and easy 5 minutes (total 38 minutes)
- Session 2: Warm up: Light Jog 5 minutes, walk 1 minute
Run 5 minutes. Walk 30 seconds. Do this 6 times (33 minutes)
Cool down: Walk slow and easy 5 minutes (total 44 minutes)
- Session 3: Warm up: Light Jog 10 minutes, walk 1 minute
Run 10 minutes. Walk 1 minute. Do this 3 times (33 minutes)
Cool down: Walk slow and easy 5 minutes (total 49 minutes)

Week 8A - Walk/Run Option (147 minutes)

- Session 1: Warm up: Jog 5 minutes
Run 10 minutes. Walk 1 minute. Do this 4 times or repeat over
5K distance (44 minutes or over 5k)
Cool down: Walk slow and easy 5 minutes after 5km mark (total 55 minutes
or 5k)
- Session 2: Warm up: Jog 6 minutes
Run 3 minutes. Walk 1 minute. Do this 8 times (32 minutes)
Cool down: Walk slow and easy 6 minutes (total 44 minutes)
- Session 3: Warm up: Jog 5 minutes
Run 5 minutes. Walk 1 minute. Do this 6 times (36 minutes)
Cool down: Walk slow and easy 7 minutes (total 48 minutes)

Week 8B - Run Option (129 minutes)

- Session 1: Warm up: Jog 5 minutes
Run 15 minutes. Walk 1 minute. Do this 2 times or repeat over
5K distance until finished 5km (37 minutes or 5k)
Cool down: Walk slow and easy 5 minutes after 5km mark (total 47 minutes
or 5k)
- Session 2: Warm up: Slow Jog 10 minutes
Run 20 more minutes. Walk 1 minute. (21 minutes)
Cool down: Slow Jog 6 minutes (total 37 minutes)
- Session 3: Warm up: Jog 5 minutes
Run 5 minutes. Walk 30 seconds. Do this 6 times (33 minutes)
Cool down: Walk slow and easy 7 minutes (total 45 minutes)

APACC 5km Event October 14, 2012

Walk/Run Option for 5km

Warm up: Light Jog 5 minutes

Continue at faster running pace for 5 minutes, walk 1 minute, and then for the rest of the
5km distance Run 10 minutes, and walk 1 minute until 5km distance is covered

Cool down: After 5k run walk slowly and easy for 4 minutes

Run Option for 5km

Warm up: Light Jog 5 minutes

Continue with increased Running pace 25 minutes until 4.5km distance is covered

Cool down: At 4.5 km mark jog slow and easy for last 500 meters until cross finish line

5km = 3.1 miles

6.2 miles per hour you will finish the race in 30 minutes!