

Week 3

We're starting to add a little bit of run time into the mix now, but still giving you lots of downtime to bring your breathing back into control and let your body settle a bit. Remember to watch your pace and stay true. The best way to test if you you're running too fast is to try and talk or sing a song. If you cannot do either without gasping...your pace is too high too soon. Remember, we want to slowly introduce your body to running so it has time to adapt.

Something to think about

Stanford University researchers tracked the knee health of 98 runners and non-runners between 1984 and 2002. Imaging scans comparing the joint at the start and end of the study revealed that runners' knees were no worse for wear than those of non-runners – source National Post article “Debunking Jogging Myths” by Jill Barker published March 2nd 2010.

Watch Outs: You may be tempted to start running outside of class, this is great. However, please keep in mind that it is never recommended for anyone to increase their weekly mileage by anymore than 10%. By doing so, you will run the risk of injury.

Day 1 - Walk 2 mins, Run 1 mins - total 30 mins.

Day 2 - Walk 3 mins, Run 2 mins - Total 5 times or 25 minutes

Day 3 - Walk 3 mins, Run 2 mins - Total 5 times or 25 minutes

Optional day - Brisk walk with some jogs thrown in to break it up.

