



FROM COUCH TO LIGHTHOUSE 8 WEEK TRAINING PROGRAM

There are some important factors to remember if you are to experience success in your 6 Or 10k program. Everyone is an individual and your base level of fitness may vary. For those who have already been doing some running, this general program should give you all the tools, stamina and endurance you will need to complete a 10 km event feeling strong.

If you are new to running and some of the first few weeks of this training guide may be a little challenging. however This 8-week training guide is just that, a guide, so feel free to be a little flexible with it to make it work for you.

Remember this is an 8-week program and you don't need to go too hard, too soon – that is what demotivates people or causes injury. Build your way into it.

Your first few sessions will be combinations of walking and running. If you have managed to get to a point where you can run 5k, this might be difficult to accept, but you are now increasing your mileage and this needs to be a steady process. If you push too hard, too early, then illness and injury will plague you and could be real demotivator.

Make sure you adjust your nutrition plan. You can still work on the basis of expending more calories than you eat, but you will need to compensate as you are burning double the amount whenever you run.

Be prepared for days when you just don't feel like doing it! Often the biggest challenge to any runner is getting out of the door. It's raining, its cold, you're tired. The reasons can stack up and conspire to stop you leaving the house. The weapon you have at your disposal is memory. Remember how good you feel when you are out in the fresh air, or the immense sense of achievement when you have completed a week of activity. If there is a valid reason; you feel ill or you have had to work late, then don't despair, if you miss a day it is not the end of the world, there is always tomorrow.

And be proud of what you are doing. You will reap the benefits: weight loss, a toned body, better health generally, higher energy levels, self-confidence and a happier perspective on life; now you can look forward to increasing all of those benefits by reaching for this target with couch to (6 or10km) Lighthouse Run .



WEEK ONE : BREATHING

To make sure you continue breathing deeply during your run, periodically take a very deep breath and forcefully exhale, pushing all the air out of your lungs. With the exhalation, drop your shoulders, shake out your arms, and relax them. (fully exhaling allows the body to then fully inhale) Then, take a deep breath and continue your run. The exhalation is the most important part of the breath to focus on as inhalation will happen naturally. Breathing in through the nose using a pilates Breath (Lateral Breathing) and gentle blowing out fully exhaling through the mouth like you are blowing out a candle.

DITCH THE STICH

Every runner has experienced the dreaded side stitch, a sudden sharp pain in the side of the upper abdomen at the base of the ribs. The pain is caused by a spasm of the diaphragm, the muscle that controls your breathing. A stitch will usually go away quickly after slowing down or stopping, but even on the run, you can often make it go away by bringing your breathing into careful control. To get the diaphragm to contract in rhythm with your steps, try to inhale and exhale as you land on your left foot.

BETWEEN NOW AND WEEK 2

Monday - Strength and Stretch
Tuesday - Walk /Run intervals 1-2km
Wednesday - 30 min Cross train
Thursday - strength and stretch
Friday - REST DAY
Saturday - 30 min cross train
SUNDAY 8am Couch to lighthouse session

Strength & Stretch: Here we will be working on strengthening the lungs and stretching and opening the heart (front side of the body)
repeat the strength exercise 10x (lying on the back float arms up large lateral inhale float arms down making exhale last the whole breath drawing in at naval with a neutral spine)

Walk/Run: Appearing simple enough, those new to running may find this term tricky to define. How fast should I run? Do I speed up on the longer run? The trick is not to worry about speed, take one step, then the next and you are running. General advice suggests running at a pace that allows you to comfortably hold a conversation – tricky to measure if running solo. Find a pace that allows you to finish the distance of the session, or as close to it as you can. Depending on your base level will determine the duration of the interval.



Options could include: walk 2-3 mins then slow jog/run 30 sec repeat 20x
walk 1-2 mins jog/run 1min repeat 15x
walk 1 min jog/run 1.5mins repeat 10x
repeat sequence until you have covered the 1-2lm distance

(more experienced runners or those in a regular run routine you will still interval however your walk will be a slow jog and the jog/run will be a fast run

Rest: Rest days are almost as important as training days and provide an opportunity for you to recover and your muscles to build in strength. Improvement depends on adequate recovery and rest periods. magnesium baths and supplements would be ad

Cross-training: Wednesdays and Saturdays involve cross-training, be it biking, swimming or kayaking basically another form of movement, an activity that you can maintain without tiring yourself for the next day's running workout.