



START A RUN/WALK PROGRAM

So here YOU are, and you want to start to loose weight, get fit, be active, and feel better about yourself. Have you thought about starting a running or walking program? You should! You might just like it!

GET A DOCTOR'S OK

First and foremost, make sure get a physical, especially if you are a former smoker, overweight, or have any history of heart disease in your family.

RUN/WALK ATTIRE

The next important step is that of purchasing GOOD walking or running or walking shoes. These will cost around \$80.00 (don't have anyone tell you that you need top of the line shoes). Don't be too cheap on the shoes, though, as injury treatment will cost far more than \$80.00. You can, however, pretty much exercise in any clothing. For summer weather, wear light and looser clothing, and in winter weather, layers. Don't forget the head, ears, face, and hands—cover up!

HOW DO I RUN?

As for your form, that will be determined by biomechanics...how your feet hit the ground. However, do try to run with your back straight, head up, and arms and shoulders relaxed. Your breathing will take time to adjust as running takes a lot of oxygen. Running out of breath is normal at first, so don't think you are doing something wrong, just relax. Your body will eventually figure out a pattern of breathing to running. When you first start running, pace is not important. The key is continuous movement.

WHERE DO I RUN OR WALK?

Sterling and Rock Falls have wonderful venues in which to walk or run. Take the scenic route along the Hennepin Canal in Rock Falls. The new bike trail that runs through Sinnissippi Park, or the bike trail along Lynn Boulevard, both in Sterling, are great locations. You can explore too, and find some nice trails upon which to walk in parks and forest preserves. There is also the option to run on a track indoors or on a treadmill.

I AM READY!

Here is a good program designed by Runner's World to get you going. If you're starting from a low fitness level, it is recommended that you begin with several weeks of walking for 20 to 30 minutes at a time before attempting Week 1. The following workout, then, must also be done 3-4 times per week.

the 10 week program

How to read the program: Start with which week you are in. The first number is the amount of time spent running. The second number is the amount of time spent walking. The third number is how many times you repeat the run/walk sequence. The final number is the total time it takes for your workout.

WEEK 1: 1 minute, 2 minutes, 7x, 21 minutes.

WEEK 2: 1 minute, 1 minute, 10x, 20 min.

WEEK 3: 2 minutes, 1 minute, 7x, 21 min.

WEEK 4: 3 minutes, 1 minute, 5x, 20 min.

WEEK 5: 4 minutes, 1 minute, 4x, 20 min.

WEEK 6: 6 minutes, 1 minute, 3x, 21 min.

WEEK 7: 9 minutes, 1 minute, 2x, 20 min.

WEEK 8: 12 minutes, 1 minute. Then run 7 minutes, 20 minutes.

WEEK 9: 15 minutes, 1 minute. Then run 4 minutes, 20 minutes.

WEEK 10: 20 minutes, Leap for joy, 20 minutes.

Note: Always warm up for your workout with a few minutes of walking and/or slow jogging, and cool down afterward with the same. If you cannot reach 20 minutes of continuous running, try to run 8 or 9 minutes, walk 1 or 2 minutes, and repeat. When you succeed at reaching the 20-minute goal--and you will--gradually increase your distance to whatever level you choose.