

Julia Jones's
**Basic 5km
Training
Programme
Week Two**



Week TWO of my Basic 5km training programme has you on your toes!

Running involves using your whole body, but most of all your feet...

After the first week of workouts many people discover that even a slow, short run uses a lot of body parts that they simply didn't think about. Arms feel stiff from the rhythmic swinging motion used to propel your body forward. You might have rediscovered derriere muscles that you thought were long gone. The area most beginner runners have problems with are feet, ankles and calves. Most of us think about

our legs while running, but the one most important aspect of how well you run is how you use your feet. In running your feet not only land you as you "fly" through the air, they're used to push you off the ground as your body is propelled forward. How you use your feet is going to determine how fast you run and help you fend off a lot of running related injuries. In fact, people that complain about knee problems when running are most often "shufflers". They land flat on their feet, absorbing all the impact on their knees.

This weeks' programme features a simple foot-ankle-shin exercise where you simply go up on your toes and then lower your heels back to the ground. This will strengthen the arch under your foot and begin to teach you to "roll" your foot forward. You can actually practice this anywhere and anytime: while standing in line at the supermarket or while doing the dishes. The more the better!

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**Look out for Week 3 of the Programme on the
Two Fit Chicks & A Microphone website!**

www.twofitchicks.org

The weekly programme must be completed **three times** during the week if you want to see results!

1. Plan it out

You will never “find” the time to go running or exercising. Make the time. Get out your calendar or agenda and mark in where you think you’ll have time during the week and stick to your schedule

1. Space out your workouts Tuesday/Thursday/Saturday is a nice running schedule. Or try Monday/Wednesday/Friday. Avoid running three days in a row as you need to give your body recovery time.

Pedicures

Along with exercises, add in a pedicure to keep your feet healthy and in top shape

1. Keep your toenails trimmed short so you avoid damaging the nail.
2. Don't go crazy with the pumice stone! Tough skin is there for a reason. Make it smooth but don't remove.
3. Massage your foot with oil to soften the skin and work on the soles by loosening up the muscles that have tightened up with running.

Workout Week nr.2

Free Form Walking while swinging your arms <i>Just like the first week, start out by walking at a brisk pace for five minutes while you swing your arms back and forth. If your arms get tired, give them a rest for thirty seconds, then start swinging again.</i>	5:00
Stretching <i>Stretching should always be done AFTER your warmup or after your workout is completed.</i>	3:00
6 x (Walk for 1 minute / rise up on balls of feet five times) <i>Walk for one minute then stop. Standing in place, rise up on the balls of your feet, lower heels and then rise back up for a total of five repetitions. Repeat this walking/foot exercise circuit for a total of six times.</i>	7:00
5 x (Walk 1 minute/Run 30 seconds) <i>Walk one minute, run 30 seconds, repeat five times.</i>	7:30
Run 1 kilometre in free form <i>You can use last week's 1km time as a yardstick for this week. If you “ran” your kilometre in 7 minutes you can now run again this week for 7 minutes and just call it a kilometre. Remember that you can use a combination of running and walking.</i>	5:00 - 10:00