

Julia Jones's
Basic 5km
Training
Programme
Week Six



Week SIX of my Basic 5km training programme has you feeling like a real runner!

When you run you can use the opportunity to learn to separate mind from body... or not.

A few years ago I learned to meditate. For a long time I had tried many methods, but I never really “got” meditation until I read a fantastic book by Victor Davich entitled “8 Minute Meditation”. The author outlines a weekly plan for you to learn various methods of meditation, each one of them lasting only eight minutes. This was the plan for me! I knew that no matter

what the exercise for the week was, I could definitely handle eight minutes. One week I focused on my breathing and the next my concentration was placed on sounds around me. Some days those eight minutes took precisely... eight minutes. Other days it seemed like two seconds (though it was always the same eight minutes). It wasn't until I was triathlon training did I realise that I could apply Davich's meditation technique to just about anything. I love swimming but then tend to get bored going

back and forth, up and down those swim lanes. One day it came to me: meditate! I placed my attention on how my hand entered the water... and suddenly my workout was over. This week your mileage will increase and I know a lot of you are concerned with “hanging on” during the running portion. The secret is to put your attention elsewhere, or not... on the next page I'll show you how!

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We're almost there! Stay tuned for Week Seven
on the Two Fit Chicks and a Microphone website
www.twofitchicks.org

This week we focus on various forms of visualization to help you make your running a positive experience.

1. Give yourself positive rather than negative input

What you tell yourself while running has a direct effect on how you run. Rather than passing a negative dialogue through your head, start to think positive thoughts.

- I'm so grateful to be able to have this time for myself.
- Isn't it amazing that I'm actually running (me!)
- Hmm... I think I'll sign up for that 5km next month...
- I am running strong and confident!

2. Concentrate on body parts

A few weeks ago we learned exercises for our feet and ankles. Now you can concentrate on using them while running. Feel your foot and actively push off from the ground in a forward motion. In the beginning only try this for 15 seconds for several times during your workout. Other body parts to concentrate on: relaxed shoulders, loose hands, no slumping!

Workout Week nr.6

<p>Free Form Walking</p> <p>Warmup with a brisk walk, swing your arms back and forth + up and around to get the circulation going.</p>	<p>5:00</p>
<p>Slow running or continue walking</p>	<p>5:00</p>
<p>Stretching</p>	<p>5:00</p>
<p>3 x (1km in free form), rec. 3:00</p> <p>Three times one kilometre, with a recovery of 3 minutes between each. Time your 1km's and make sure that the first series is the slowest. During your 3 minute recovery you can walk, stretch... or meditate!</p>	<p>27:00-39:00</p>