

Julia Jones's
Basic 5km
Training
Programme
Week Seven



In Week SEVEN of my Basic 5km training programme we ponder your first race.

A great way to keep yourself working out is by having a date with destiny, also known as... a race!

One of the first questions I ask new runners is what motivation they have in beginning a running program. In order to move forward you have to know what's pulling (or pushing!) you in that direction.

"I want to lose weight!" is one of the most common answers. Although running will help with weight loss, many women quit when they don't see the scale moving in the right direction.

"I want to feel those endorphins!" is another. But in this I-want-it-all-now society they expect to feel the endorphin rush in the first week. They're shocked to learn that it takes many months to build up enough mileage where running starts to actually feel good. So they quit. The number one motivator behind my own twenty year running habit is a race. I go from one event to the next, building my training around my latest goal. It can be any distance: from a 5K to a marathon. It all depends on

what will most excite me to get out the door and run. The first thing to do is pick the race. Then count how many weeks of training you'll need to get in shape for the distance you've chosen.

For your first race just expect to finish. After that you can start looking at a stopwatch and setting yourself time goals. With a goal in mind you certainly won't miss any more workouts!

Contact info for
Julia Jones:
email: jejones@libero.it
skype: [juliainitaly](https://www.skype.com/user/juliainitaly)

Just one more week to go!
Look out for Week Eight on the
Two Fit Chicks and a Microphone website
www.twofitchicks.org

Find a race

There are literally thousands of 5km races all over the world to choose from and participate in. The internet is the easiest way to find one near you. Try these:

www.active.com

www.komen.org

womensrunning.com

running4women.com

womensrunningnetwork.co.uk

www.womensrun.org

Workout Week nr.7

Free Form Walking Warmup with a brisk five minute walk.	5:00
Stretching No sudden or jerking moves. Soft stretches, just to get the muscles warmed up.	5:00
2 x (10 side skips left and 10 side skips right/ 20 steps marching in place / 2' fast walking / 1' slow walking) A new circuit for this week! Face to sideways to your left. Start by stepping forward with your right leg, take a small "hop" and close with your left leg. Repeat 10 times. Now turn sideways to your right and start again by stepping forward with your left leg. While you do this exercise notice that most of the "work" is being done with your feet and ankles, the real target! Now march for 20 counts standing in place. Make sure to lift those knees as high as possible. Follow this with two minutes of fast walking and one minute of slow walking. Now repeat the whole sequence.	15:00
3 x (1km in free form), rec. 3:00 Three times one kilometre, with a recovery of 3 minutes. 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!	27:00- 39:00