



# New to Running

## Training Programme

Zero to 5km in 12 weeks with 3 sessions a week<sup>††</sup>

As part of each training session warm up before exercising and cool down afterwards.

See pages 129-135 of *The 2-Day Diet* book and for rate of perceived exertion scale (RPE) see page 136 of *The 2-Day Diet* book.

Getting moving and staying active will speed up your weight loss, enhance the health benefits of The 2-Day Diet and boost your mood and energy levels. The good news is that if you've been a confirmed couch potato up until now, it's never too late to start moving, and being active really doesn't have to be hard.

Our 2-Day Dieters showed us that even if you've never exercised before, you can make physical activity a regular part of your life. We will show you how to start slowly, build up gradually and stay motivated so that you hit your weight-loss and fitness goals.

This chart gives you a structured approach to running so you can get from zero to 5km in just 12 weeks.

WEEK	SESSION 1	SESSION 2	SESSION 3
<b>1</b>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 3 minutes with an RPE of 5</li> <li>• Walk for 2 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 3 minutes with an RPE of 5</li> <li>• Walk for 2 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 3 minutes with an RPE of 5</li> <li>• Walk for 2 minutes</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 5 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 5 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 5 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 7 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 7 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 7 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 10 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 10 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 5 minutes</li> <li>• Jog for 10 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 12 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 12 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 12 minutes with an RPE of 5</li> <li>• Walk for 5 minutes</li> </ul>
<b>6</b>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 15 minutes with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 15 minutes with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 15 minutes with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>

# Activities

WEEK	SESSION 1	SESSION 2	SESSION 3
7	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 2.5km (1.5 miles) with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 2.5km (1.5 miles) with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 2.5km (1.5 miles) with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>
8	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 3 km (1.8 miles) with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 3 km (1.8 miles) with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Walk for 3 minutes</li> <li>• Jog for 3 km (1.8 miles) with an RPE of 5</li> <li>• Walk for 3 minutes</li> </ul>

Calories used per hour for moderate activities and vigorous activities <sup>†††</sup>

9 Stone	11 Stone	13 Stone
57.2Kg	69.9Kg	82.5Kg
Kcal used per hour		

SPORTS & ACTIVITIES (cont.)			
RUNNING 8 MPH (12.9km/h)	675	825	974
RUNNING 10MPH (16.1km/h)	829	1014	1196
GENERAL DANCING	446	545	644
BALLROOM DANCING	315	384	454
AEROBICS (low impact)	286	350	413
AEROBICS (high impact)	418	510	602
STEP AEROBICS (small step)	315	384	454
TENNIS	418	510	602
BADMINTON	315	384	454
SQUASH	418	510	602
GOLF	246	301	355
FOOTBALL	400	489	578
RUGBY	360	440	520
HOCKEY	446	545	644
NETBALL	372	454	536
BASKETBALL	372	454	536
CROWN BOWLS	172	210	248
TENPIN BOWLING	217	266	314