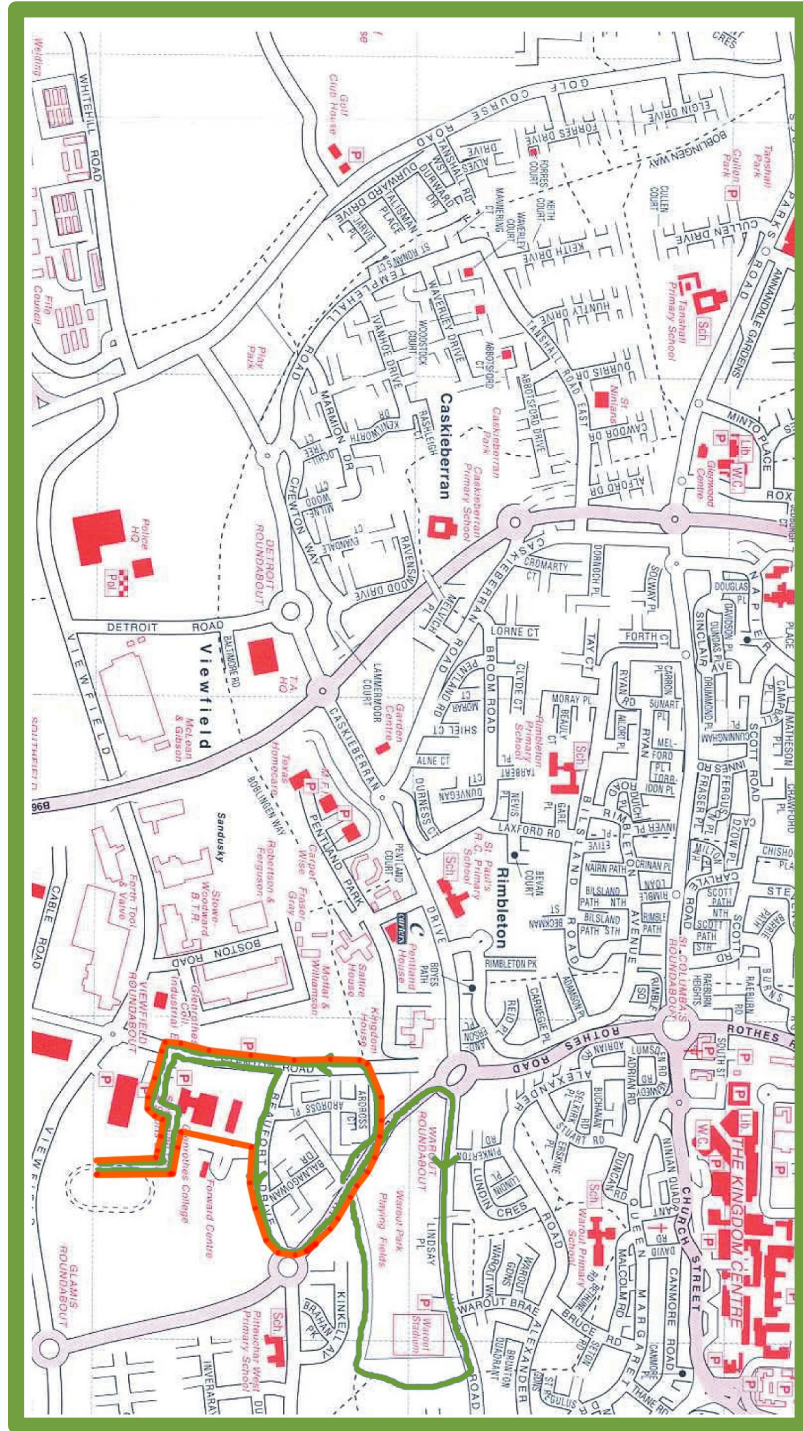


4K Fun Run Route

2K Fun Run Route



Fife
OLYMPIAD

Fife sports and leisure trust
Be active • feel great!

Glenrothes Road Running Festival

Michael Woods
Sports and Leisure Centre, Glenrothes

2K Fun Run
An Eight Week Training Guide for Novice Runners
09.45am

4K Fun Run
A Ten Week Training Guide for Novice Runners
10.50am

Family Entertainment and Attractions from 9.30am

For further information Tel: 01592 583305

Email: glenrothes.rr.festival@gmail.com

<http://www.fifeleisure.org.uk/events/roadrunning.html>

ActiveFife
Way of life



2K & 4K Fun Run

A training guide for novice runners

Entry to the programme can be at any level

Safety

- Wear light coloured or reflective clothing
- Run under street lights
- If you must run on roads, face oncoming traffic
- Inform someone of your planned route and estimated time

Shoes

- Use a recognised running shoe with a cushioned heel and sole
- DO NOT use a shoe with a thin inflexible heel and sole

Technique

- As a novice you should run slowly in order to run longer and further
- Ensure you drink plenty of water prior to your training session

Fuel

- 1.5 - 2 hours prior to training, ensure you have eaten a light snack

	2K Fun Run	4K Fun Run
	Wk 1 3 - 5 sessions Fast walk for 30 seconds, jog for 30 seconds, slow/medium walk - recovery 60 seconds Follow sequence 10 times (20 minutes total duration)	Wk 1 3 - 5 sessions Fast walk for 30 seconds, jog for 30 seconds, slow/medium walk - recovery 60 seconds Follow sequence 10 times (20 minutes total duration)
	Wk 2 3 - 5 sessions Jog for 60 seconds, walk for 60 seconds. Follow sequence 10 times (20 minutes total duration)	Wk 2 3 - 5 sessions Jog for 60 seconds, walk for 60 seconds. Follow sequence 10 times (20 minutes total duration)
	Wk 3 3 - 5 sessions Jog for 2 minutes, walk for 1 minute. Follow sequence 10 times (30 minutes total duration)	Wk 3 3 - 5 sessions Jog for 2 minutes, walk for 1 minute. Follow sequence 10 times (30 minutes total duration)
	Wk 4 3 - 5 sessions Jog for 4 minutes, walk for 30 seconds. Follow sequence 5 times (25 minutes total duration)	Wk 4 3 - 5 sessions Jog for 4 minutes, walk for 30 seconds. Follow sequence 5 times (25 minutes total duration)
	Wk 5 3 - 5 sessions Jog for 6 minutes, walk for 30 seconds. Follow sequence 3 times (19.5 minutes total duration)	Wk 5 3 - 5 sessions Jog for 6 minutes, walk for 30 seconds. Follow sequence 3 times (19.5 minutes total duration)
	Wk 6 3 runs Jog for 10 minutes non stop	Wk 6 3 runs Jog for 10 minutes non stop
	Wk 7 3 runs Jog for 15 minutes non stop	Wk 7 3 runs Jog for 15 minutes non stop
	Wk 8 Monday 20 minutes Wednesday 20 minutes Sunday 2K	Wk 8 3 runs Jog for 20 minutes non stop
		Wk 9 3 runs Jog for 30 minutes non stop
		Wk 10 Monday 20 minutes Wednesday 20 minutes Sunday 4K