

## Dennis's Running Programme



Cricket legend Dennis Lillee has offered his support to encourage you to get running! His plan will take you out to the street, park or anywhere you can get your kms in! One program is for people starting out and the second is for people who have done a bit of running before, so do the one that suits you. Go to it!

Use the **Activity Planner** to track your progress and register for the **online coach** to keep you motivated.

### Beginner and intermediate programmes

<p><b>Day 1</b></p>	<p><b>Day 2</b></p>
<p><b>Beginner - slow run, 1 km</b> <b>Intermediate - run 2.5 km</b></p>	<p><b>Beginner - slow run, 1.5 km</b> <b>Intermediate - run 3.5 km</b></p>
<p>This programme is about setting realistic targets, so don't bust a gut today - start with just a slow run.</p>	<p>You might be a bit sore. Keep the pace gentle today, but take it a little further.</p>
<p><b>Day 3</b></p>	<p><b>Day 4</b></p>
<p><b>Beginner - rest</b> <b>Intermediate - rest</b></p>	<p><b>Beginner - fast walk 2.5 km</b> <b>Intermediate - run 4.5 km</b></p>
<p>Celebrate what you've achieved with a massage - bribe someone in the family!</p>	<p>Walking is great for your body. Good, rhythmic inhalation and exhalation help to lengthen the spine and improve the uptake and transport of oxygen around the body, leaving you feeling energised.</p>
<p><b>Day 5</b></p>	<p><b>Day 6</b></p>
<p><b>Beginner - run 2 km</b></p>	<p><b>Beginner - fast walk 3.5 km</b></p>

<b>Intermediate - run 4 km</b>	<b>Intermediate - run 4.5 km</b>
<p>Always take the time to warm up (walk the first five minutes), cool down and stretch.</p>	<p>Get a mate or two involved - preferably ones that are a little stronger and fitter than you, so they'll push you a little harder.</p>
<b>Day 7</b>	<b>Day 8</b>
<b>Beginner - rest</b> <b>Intermediate - rest</b>	<b>Beginner - run 2.5 km</b> <b>Intermediate - run 4.5 km</b>
<p>Do some stretches today - remember that good food and good sleep are also important for your health.</p>	<p>Running on softer surfaces like grass, sand or dirt tracks is easier on the joints, yet makes you work harder.</p>
<b>Day 9</b>	<b>Day 10</b>
<b>Beginner - moderate run, 3 km</b> <b>Intermediate - moderate run, 5 km</b>	<b>Beginner - rest</b> <b>Intermediate - rest</b>
<p>It's hard to get motivated to run after work sometimes, so why don't you set the alarm and get out nice and early in the morning?</p>	<p>Ten days in - you should be starting to sleep better and have a bit more energy through the day.</p>
<b>Day 11</b>	<b>Day 12</b>
<b>Beginner - run 3 km</b> <b>Intermediate - run 5 km</b>	<b>Beginner - run 2 km</b> <b>Intermediate - run 4 km</b>
<p>The first four weeks are the hardest - take heart because when you get through this month, it all gets much easier.</p>	<p>Your heart will be loving the attention it's getting, as running is great for your cardiovascular system.</p>
<b>Day 13</b>	<b>Day 14</b>
<b>Beginner - run 4 km</b> <b>Intermediate - run 5.5 km</b>	<b>Beginner - rest</b> <b>Intermediate - rest</b>
<p>Running is the simplest and most effective form of exercise for calorie expenditure because it's entirely</p>	<p>Two weeks in, you've earned a rest!</p>

weight-bearing, requiring more energy output than if you were seated or supported by water.

### Day 15

**Beginner - run 4 km**  
**Intermediate - run 6 km**

Think about a change of scenery and take in some hills.

### Day 16

**Beginner - run 4 km**  
**Intermediate - run 6 km**

Prioritise your activity - put it in your diary, write it on the fridge, put your Activity Planner where everyone can see it. If you've got time to watch TV, you've got time for your body.

### Day 17

**Beginner - rest**  
**Intermediate - rest**

Drink lots of fluids - up to eight glasses a day.

### Day 18

**Beginner - run 3.5 km**  
**Intermediate - run 5 km**

While you're out there running, think about the fact that you're reducing your chances of coronary heart disease, obesity, mental health problems, high blood pressure and some cancers - brilliant!

### Day 19

**Beginner - run 2 km**  
**Intermediate - run 4 km**

If you've had to have a break, don't give up. Stuff happens to put a spanner in the works sometimes; you might get a cold or have a lot on at work, but don't let a break become a full-blown lapse.

### Day 20

**Beginner - run 3.5 km**  
**Intermediate - run 5 km**

If you've been running in old, worn-out shoes, it's time to start saving for some new ones - your body will thank you for it.

### Day 21

**Beginner - rest**  
**Intermediate - rest**

It takes between 21 and 30 days to form a habit, so you

### Day 22

**Beginner - run 3 km**  
**Intermediate - run 5 km**

'Run, Forest, run' - literally. Find a local park or reserve and run through it. Your legs will enjoy the opportunity

are well on your way with this running routine.

to get off the hard footpaths.

### Day 23

**Beginner - run 3 km**  
**Intermediate - run 6 km**

Studies have shown that aerobic capacity starts to decline from age 25, so you need to work at it to keep your lung capacity up.

### Day 24

**Beginner - rest**  
**Intermediate - rest**

Find out about the science of running - go to the library or look on the Internet.

### Day 25

**Beginner - walk 5 km**  
**Intermediate - walk 7 km**

Cardiovascular exercise boosts your energy expenditure, maintains the stamina of your heart and lungs, and improves your blood lipid profile. In other words, it's good for you.

### Day 26

**Beginner - run 3 km**  
**Intermediate - run 4.5 km**

Weight-bearing activity - like brisk walking or running - enhances your bone density, to help you avoid osteoporosis.

### Day 27

**Beginner - walk 5 km**  
**Intermediate - walk 7 km**

Put on a good pace: you should walk fast enough that you get warm.

### Day 28

**Beginner - rest**  
**Intermediate - rest**

Celebrate your rest day with some gentle stretching.

### Day 29

**Beginner - run 4.5 km**  
**Intermediate - run 5.5 km**

Running for 30 minutes will burn around 340 calories.

### Day 30

**Beginner - run 5 km**  
**Intermediate - run 6 km**

**Congrats, you did it!**

If you started with the beginner programme, now is a good time to move through to the intermediate programme. If

you've done intermediate, why not push through into something new - the triathlon season isn't far away!

### **Need to measure how far you're running?**

There's a great website that lets you plan your routes and measure how far you've gone.

- **Map My Run**

Enter your town and select 'Australia' in the drop-down list. You can then use the online tools to do the rest. (Note that this tool requires Google Earth.)

Other ways to measure how far you're walking include:

- Driving the route in your car and measuring it on the odometer (if you're doing a street walk) - reset the odometer before you start
- Getting a friend with a cycle odometer to ride the route and measure it.

Some cities have walking distances marked along popular routes.