

Running Tips for Appleby's Annual Walkathon from the Physical Education Department

Want to run the entire 21 kilometers of the Walkathon? Start training today! Here are some running tips from the Appleby College Physical Education Department:

- Begin your running program today
- Start small and gradually extend your training –Don't do too much too soon
- Warm-up and Cool down – take 10minutes of low intensity effort to get your body ready for your run
- Stretch before and after your run when your muscles are warm
- Know when to rest and don't overwork your body – allow your body to recover
- Pay attention to your body – know pain rather than running through an injury
- Pay attention to fatigue signals that you're getting tired
- Enjoy running

Eight Week Half Marathon Running Program

Week 1	Walk for 6 minutes, jog for 1 minute. Repeat 3 times. Aim for 3 times this week.
Week 2	Walk for 5 minutes, jog for 2 minutes. Repeat 3 times. Aim for 3 times this week.
Week 3	Walk for 3 minutes, jog for 4 minutes. Repeat 4 times. Aim for 3-4 times this week.
Week 4	Walk for 2 minutes, jog for 5 minutes. Repeat 4 times. Aim for 3 times this week.
Week 5	Walk for 2 minutes, jog for 8 minutes. Repeat 3 times. Aim for 3 times this week.
Week 6	Walk for 2 minutes, jog for 9 minutes. Repeat 3 times. Aim for 3 times this week.
Week 7	Walk for 1 minute, jog for 11 minutes. Repeat 3 times. Aim for 3 times this week.
Week 8	Walk for 5 minutes, jog for 20-30 minutes without stopping. Walk for 5 minutes.