



## **Welcome to the 2019 Couch to 5K programme with the Looe Pioneers!**

By committing to the C25K programme, you have already taken a big step to making positive changes to your health and wellbeing so well done for coming this far! Whether you are new to running or a returning member, we hope you will enjoy the next few months and this programme will spur you on to join the club longer term and take up a more active lifestyle and be part of the Looe Pioneers running family.

The C25K programme is designed for absolute beginners or those returning to running, and will gradually build up your running ability so you will be able to run 5km (or for 30 minutes) without stopping by Easter. With commitment and effort, this challenge is achievable and you will be supported every step of the way by the C25K programme leaders, existing members of the club and everyone who is starting this programme at this time. A large percentage of last year's team of C25K athletes now run with the club on a regular basis and the health benefits are clear for all to see. Some take part in races and are an integral part of the club – We need you too!



The pace of the nine-week running plan has been tried and tested by thousands of new runners and is endorsed by the NHS. Structure is important for motivation, so try to allocate specific days of the week for your runs and stick to them.

### **Why run with the Looe Pioneers?**

There are many benefits to running with the Looe Pioneers and the list below illustrates some of these...

- Improve your fitness
- Improve your emotional well-being
- Help to tackle stress, depression and anxiety
- Support weight control
- Improve sleeping habits
- Increase your social group

There are also a huge list of proven health benefits to running such as...

Maintaining healthy joints, improving muscle strength, lowers risk of diabetes, improves blood circulation, improves many skin conditions, halves the risk of bowel cancer, helps constipation, eases PMT, hugely improves bone density reducing risk of osteoporosis, helps with menopause symptoms, reduces risk of dementia/strokes as your brain stays healthier, keeps our eyes healthy by preventing diseases such as glaucoma, keeps your liver healthier, reduce heart disease by up to 35%!

As well as all of that, it can also reduce the risk of breast cancer by 20%, improve lung capacity and strengthen your respiratory muscles, reduce the risk of endometrial cancer by up to 50% and keeps body organs healthier all round. There are many mental health benefits too with much less problems with anxiety, depression and lack of motivation. What' not to like!

### **What you need to prepare yourself for.**

In addition to the run programme itself, there are other things that you will need to be aware of during the next 9 weeks:

#### *Weather conditions.*

- ✓ It will rain.
- ✓ It will be dark.
- ✓ It will not always easy to hear the instructions on the routes we are taking, especially when its windy and when there are lots of us (it's very important to listen to the run leaders instructions)

#### *Kit*

Please don't go out and buy all the gear until you have attended a few times and you know you are sure you want to continue as it can be expensive. It is important however that you are comfortable and you are able to move freely in the clothing you have and you can easily be seen for safety reasons. There is a Facebook group called Donate, sell and swap sportswear that you can get things for free if you look on there!

It's worth looking at getting the following at some point:-

- Trainers
- Shorts/leggings
- A running top/t shirt (preferably one that doesn't hold water – look on the Facebook site)
- A lightweight coat/jacket (preferably a high vis/florescent type)
- An arm/shoe light that are cheap to buy from places such as B and M/sports shops/Amazon etc
- A water bottle
- Not essential but many people use phone apps/watch tracking devices (Strava is the most popular). These are a great motivation tool to track your progress or how far you are running especially when you need to do your unaccompanied run once a week in addition to the Pioneers session. It's a really good idea to track or record your first session as progression for those who stick at the programme is phenomenal. Even after a few weeks you will notice the difference!

You are under no obligation but anyone who wishes to buy Looe Pioneers official club kit, this link will take you to the on line shop and this will be open from time to time.

<https://agamesports.co.uk/section/475/0/looe-pioneers-running-club>

## Important to remember

- You will not be on your own – there are lots of people starting at the same time, all of which have different abilities.
- This is not a race, it is a tried and tested exercise programme to work to.
- It will challenge you (probably resulting in a few aches and pains!)
- You will be very well supported by the C25k leaders and the existing club members.

## What you will achieve if you stick to the plan

- Huge sense of achievement (and a finishers medal)
- A healthier lifestyle.
- You will be able to run 5k (or for 30 minutes without stopping).

## Tips on progression

### *Rest days*

Rest days are as important as run days. Having one between each week's runs will reduce your chance of injury and also make you a stronger, better runner. Resting allows your joints to recover from what is a high-impact exercise and your running muscles to repair and strengthen. Your body will react to the exercise and start to change very quickly and most of the time, the aches and pains are because you are using your body much more efficiently and are not injuries at all! You can also do complementary stretch and flex exercises on your rest days. Many existing club members cycle, attend CrossFit sessions, gig row and swim regularly for cross training. All of these activities are hugely beneficial.

### *Aches and pains*

Some new runners starting the programme experience calf pain or sore shins (sometimes known as shin splints). Such aches can be caused by running on hard surfaces or by running in shoes that do not have enough foot and/or ankle support. Always do the five-minute warm-up walks before each run and check that your running shoes are offering good support. **You will have good runs and bad runs – accept it**, and don't spend too much time analysing the how and why. Even a bad run is good for you – whilst you are out, you are always lapping those on the couch!

**Remember – most of the aches and pains you feel when you start running are from your body adapting to new and beneficial exercise. – IT'S NOT INJURED, IT'S JUST BEING USED!**

## What we are going to be doing and when are we going to do it?

The first session is on Tuesday 15<sup>th</sup> January. The meeting point is the Looe Academy School car park. The main club run is for one hour (from 7pm until 8pm) but the Couch to 5K will start around 7.15/7.30pm but please come along at 7pm where you will be greeted by the session leaders and given details on where we will be going and a safety brief. There will also be at least one back runner at every session to ensure your safety (so no one gets lost)!

Dates on the runs are below.

- Tuesday runs start at the Looe Academy School car park at 19:00**
- Thursday runs start from the war memorial next to Looe Bridge 19:00**

## The Programme

The C25K programme requires 3 sessions per week – 2 of which are done on club night and the third will need to be done in your own time preferably at the weekend with at least one rest day in between runs. Below you will see an overview of what you can expect to do each week. We will take you through these sessions on club night but this will give you an idea of what you need to be doing on your third run of the week and also if you are unable to make a club session for any reason.

There is a great 'app' that you can download and follow very easily. It's the one we will be using to help you and is free.



### **Week one (Tuesday 15<sup>th</sup> Jan and Thursday 17<sup>th</sup> Jan)**

For your three runs in week one, you will begin with a brisk five-minute walk, then alternate one minute of running and one-and-a-half minutes of walking, for a total of 20 minutes.

### **Week two (Tuesday 22<sup>nd</sup> Jan and Thursday 24<sup>th</sup> Jan)**

For your three runs in week two, you will begin with a brisk five-minute walk, then alternate one-and-a-half minutes of running with two minutes of walking, for a total of 20 minutes.

### **Week three (Tuesday 29<sup>th</sup> Jan and Thursday 31<sup>st</sup> Jan)**

For your three runs in week three, you will begin with a brisk five-minute walk, then two repetitions of one-and-a-half minutes of running, one-and-a-half minutes of walking, three minutes of running and three minutes of walking.

### **Week four (Tuesday 5<sup>th</sup> Feb and Thursday 7<sup>th</sup> Feb)**

For your three runs in week four, you will begin with a brisk five-minute walk, then three minutes of running, one-and-a-half minutes of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, one-and-a-half minutes of walking and five minutes of running.

### **Week five (Tuesday 12<sup>th</sup> Feb and Thursday 14<sup>th</sup> Feb)**

There are three different runs this week:

Run one: a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running.

Run two: a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.

Run three: a brisk five-minute walk, then 20 minutes of running, with no walking.

**Week six (Tuesday 19<sup>th</sup> Feb and Thursday 21<sup>st</sup> Feb)**

There are three different runs this week:

Run one: a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.

Run two: a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.

Run three: a brisk five-minute walk, then 25 minutes of running with no walking.

**Week seven (Tuesday 26<sup>th</sup> Feb and Thursday 28<sup>th</sup> Feb)**

For your three runs in week seven, you will begin with a brisk five-minute walk, then 25 minutes of running.

**Week eight (Tuesday 5<sup>th</sup> March and Thursday 7<sup>th</sup> March)**

For your three runs in week eight, you will begin with a brisk five-minute walk, then 28 minutes of running.

**Week nine (Tuesday 12<sup>th</sup> March and Thursday 14<sup>th</sup> March)**

For your three runs in week nine, you will begin with a brisk five-minute walk, then 30 minutes of running.

To end the programme there will be an organised local run covering the distance that you have trained for which everyone will be invited to and you will be awarded your Looe Pioneers Couch to 5 K medal! This is planned for Saturday 23<sup>rd</sup> March at 09:00.

Thank you for your interest and we hope you will enjoy the 2019 C25K run programme with Looe Pioneers.

**#bestrunningclubintheworld**

**#loopepioneers**

Any other questions on the course, please contact either Guy Cooper, Bryan Maywood or Nina Bond on the e mail addresses below or look on the **Looe Pioneers C25K Group** via Facebook

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**We hope to see you in January !**