



The FUNdamentals of Running Training Program

Getting Started Guide

Program Introduction

Welcome to the FUNdamentals of Running Training Program. In this six-week program, you're going to be running and walking to the beat while learning how to run with better form. This will not only help you run faster, but it will also enable you to reduce your chances of incurring a running related injury so that you can enjoy running as a sport for many years to come.

Program Benefits

The program will teach you how to run with good form, with plenty of opportunities to practice and apply what you learn. As a result, your running cadence, endurance, and strength will improve. You'll also learn how to maximize your stride length and improve your form to reduce your chances of incurring a running-related injury. As a result, you should start running faster, especially for shorter distance races, like 5Ks and 10Ks.

But speed isn't the only benefit you'll achieve. When you join this program, you'll have an opportunity to spend time with friends and fellow runners (both in person if you're local, and online) and hopefully start to enjoy running more than ever before.

Equipment and Materials

Throughout the program you're going to be running outdoors while listening to audio-guided workouts. The audio-based coaching will tell you everything you need to do during each session—it's like having your own personal running coach right there with you while you work out (very similar to a Peloton workout—only way better). To access the workouts and be able to hear them easily you'll need both a **smartphone** and some **headphones**.

Your Training Program Workbook ([online](#) or [printable](#) version) will enable you to record pre and post assessment data, your goals, as well as data from all of your training runs.



The only other tool you may need is a running watch or smartphone app (such as [Strava](#), [Garmin Connect](#), or [Runtastic](#)) to track your time and pace during each workout. You'll be recording this information in the training log section of your program workbook. (If your watch or app has a "lap" feature, all the better.)

How the Program Works

Each week, you'll be completing a minimum of four workouts. Each workout is 10-30 minutes long and follows a run/walk format. Each session starts with a five-minute warm-up walk, and ends with a five-minute cooldown walk. When you go out for a run, you'll simply click on a link for the workout you'd like to do, put your headphones on, and start walking to start your warm-up. You'll hear instructions and audio-based coaching throughout each session, along with music designed to keep you stepping to the beat—whether you're running or walking.

Each week focuses on a different running-related topic:

- Week 1 will teach you what cadence is, why it's important to know what yours is, and how to optimize it to become a better runner.
- Week 2 will teach you all about stride length and how to maximize yours to not only run faster, but also to run safely without injury.
- Week 3 will teach you how to avoid making some common mistakes with your running form to ensure you're not doing more harm than good when you're out hitting the pavement.
- And the final week of the program will help you put everything together so that you can continue to apply what you've learned well into the future.

PLEASE NOTE: If you're training for a distance longer than 5K (3.1 miles), it would be a good idea to supplement the program with at least one additional easy long run per week. This will ensure you build up the additional strength and endurance you'll need to complete a long-distance event.

The Pre Assessment

Before you start your first workout of the training program, you'll collect some baseline data. This will help you measure your progress and overall performance from start to finish. You'll be collecting both quantitative *and* qualitative data, and setting realistic goals for yourself. After all, not everyone's goal is to run like Kipchoge!!



Timeline

The entire program will take about six weeks to complete.

During the first week, you'll be collecting your baseline data, setting your goals, and getting prepared.

During the next four weeks, you'll be completing the required 16 workouts, with support from the Off to a Running Start Training Community. First, make sure you request to join the private [ORS Training Facebook Group](#) so you can connect with others going through the program too.

To access each of the 16 workouts, you will need to open your Welcome Email and tap on the links from your phone when you go out for a run.

During the final week of the program, you'll be collecting your Post Assessment data and reflecting on your results.

Pre Assessment Data Collection

You can collect your baseline data any time prior to starting your first week of training. All you'll have to do is run (or walk, or run/walk) the distance you select on page 2 of the Training Workbook and record how long it takes. You'll just need to make sure you do your distance at 85% effort or higher. The details of what to do and how to do it are in the Training Program Workbook ([online](#) or [printable](#) version). And since right now, because of the COVID-19 pandemic, you'll have to run this distance on your own, as opposed to actually running in an officially timed race..

The Training Program Workbook

You'll need to either download and print out a copy of the [Training Program Workbook printable version](#) or **make a copy** of the [online version](#) so you can add it to your Google Drive and type right in the doc. It would be great if you could share the contents of your workbook with me when the program is done. The workbook will help you set realistic goals in addition to keeping you on track and motivated to do your best to complete the workouts.



Post Assessment and Reflection

After you have completed your four weeks of training, it's time to do your post assessment run and reflect on your results. All of the details for how to do this are in your training workbook.

That's all there is to it!

If you need and help or want any guidance or support as you complete the program, just shoot me an email at jeanette@offtoarunningstart.com, or post your question in the private [Facebook Group called ORS Training](#).

Keep walking and running to the beat!