










A sample training plan for runners with previous sporting experience

Background

This training plan acts as a guideline for people who are active in their everyday life, have some previous sporting experience and want to exercise regularly again or vary their physical activities. It can be adjusted to suit individual preferences and situations.

Each individual activity has been given an intensity grading to clarify the level of exertion you should feel to enable training at optimal levels. These are based on the following scale (according to Borg*):

Here is how the exercise should feel:

	No exertion at all Extremely light	
	Very light	→ For example, walking at your own pace.
	Light	
	Somewhat hard	→ But easily bearable
	Hard	
	Very hard	→ You can continue, but have to grit your teeth
	Extremely hard Maximum exertion	



Here are few tips before you start:

- If you have not exercised for a long time, then you should get a physical check-up before you begin.
- Reschedule your training session for a day earlier or later if you are unable to train on a certain day.
- If you are unable to complete the stated training session duration at the stated exertion grade, then reduce the duration.
- Listen to your body and take a break if you cannot continue.
- Try to find routes that are mostly flat.
- If you are unable to train for a week, then begin again with the plan for the previous week.
- After completing week 4, you can begin again with the week 1 plan. Or you can follow the week 1 plan and slightly increase the duration (e.g., 35 minutes instead of 30 minutes) or go for an additional walk as the 4th session on an off-day.

*Borg GA. Psychophysical bases of perceived exertion. Med Sci Sports Exerc 1982; 14: 377-381



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Day	Activity	Description	Approx. duration
Week 1			
Monday			
Tuesday	Jogging	Perceived as "light" exertion	30 min
Wednesday			
Thursday	Jogging	The movement feels "somewhat hard"	40 min
Friday			
Saturday	Brisk walking	Perceived as "light" exertion.	90 min
Sunday			
Week 2			
Monday			
Tuesday	Jogging Strengthening exercises for legs and buttocks	The movement feels "somewhat hard" Forward lunges, alternating the forward leg, 2 x 20 repetitions	20 min
Wednesday			
Thursday	Jogging Coordination exercises	Perceived as "light" exertion. Standing on one leg (with the leg slightly bent) with eyes closed, 2 x 3 minutes per leg (alternating)	30 min 15 min
Friday			
Saturday	Jogging	Interval training: 15 minutes warm-up jogging ("very light") 3 sets: 5 minutes fast jogging ("hard"), 3 minutes of walking 10 minutes warm-down jogging	50 min
Sunday			
Week 3			
Monday			
Tuesday	Jogging Strengthening exercises for legs and buttocks	Perceived as "light" exertion. Squats (creating no more than a right angle between the upper and lower leg), 3 x 15 repetitions	20 min
Wednesday			
Thursday	Jogging Coordination exercises	The movement feels "somewhat hard" While standing, bring the left heel and the right hand together at the buttocks, switch sides, 3 x 20 repetitions	30 min
Friday			
Saturday	Jogging	Interval training: 15 minutes warm-up jogging ("very light") 3 sets: 5 minutes fast jogging ("hard"), 3 minutes of walking 10 minutes warm-down jogging ("very light")	50 min
Sunday			
Week 4			
Monday			
Tuesday	Jogging Strengthening exercises for arms and upper body	The movement feels "somewhat hard" Push-ups using a park bench, 3 x 10 repetitions	30 min
Wednesday			
Thursday	Jogging Coordination exercises	The movement feels "somewhat hard" While standing, bring the left knee and the right elbow together in front of your body, switch sides, 3 x 20 repetitions	50 min
Friday			
Saturday	Jogging	Interval training: 15 minutes warm-up jogging ("very light") 4 sets: 4 minutes fast jogging ("hard"), 3 minutes relaxed jogging ("very light"), 15 minutes relaxed warm-down jogging ("very light")	60 min
Sunday			