

»»UFIT

CORPORATE

RUN 2021



BEGINNER'S 5KM TRAINING PLAN

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5KM - 6 WEEK TRAINING PLAN

Hello and welcome to the UFIT 2021 Corporate running program!

The UFIT Corporate Run Challenge is the perfect opportunity for you to finally commit to a goal, running that 5km, and kick starting your journey to health and fitness!

This 5km plan is designed for beginners. What do we mean by beginners? If you are not currently doing any running or jogging, and very little cardio within your week, then this is the plan for you!

HOW DOES IT WORK?

The plan follows a timed approach consisting of walk/jog intervals. The focus is on building up your jogging duration over time, in a safe and structured way - not focussing on distances or speed (yet).

THE AIM?

To get you to cover the entire distance without taking any breaks! With the right mindset and this guidance, you can definitely achieve this.

A Caveat:

Please listen to your body! If it doesn't feel right, it probably isn't right. Speak to a physio or reach out to me if you feel any sort of pain or other issue developing whilst following the program.

Finally, HAVE FUN, enjoy the process, and celebrate the small victories along the way. Yes, there will be tough days, and days that you don't want to train, but try to focus on the positives: getting out on the road, away from distractions and responsibilities, and doing something for YOU - taking back control of your health and fitness. Give it your best shot, and you will be very proud of yourself as you round that final corner at the UFIT Corporate Run.



GLOSSARY

Rest:

Rest does not mean lie in bed all day! It means go about your active, every day life. Move around, play with your kids, walk to work - all the good things that keep you healthy! If you are feeling stiff, a swim or a gentle cycle will do you wonders.

Cross Training:

Cross training essentially means doing some other form of exercise besides running, with the aim of completing a 20 to 30 minute session, using your muscles in different ways, and getting out of breath. Some more specific examples? Swimming lengths, a cycle, or jumping on a rower. Or even better, join a UFIT virtual class or join us outdoors at one of our outdoor classes- we would love to have you! Using your muscles in different ways and getting out of breath will help prepare you for race day, whilst more importantly helping you to avoid any over-use injuries. If you are having a tough week, or feeling fatigued, aim for something a little bit slower like Pilates or Yoga - but please don't skip this session: it's more important than you realise!

Stretch:

If you really are starting from a true beginner level with this program, your body is going to let you know all about it! Don't worry: this stiffness and the occasional aches are all part of the process. It is simply your muscles remodelling and growing as your body adapts to the new training load. To help with these symptoms, schedule in a day where you focus on stretching. You can do this by either joining a yoga class (check out the UFIT one in beautiful Botanic Gardens!), or simply stretching at home, focussing on these key areas: calves, hamstrings, glutes, hip flexors and lower back. Your body will thank you for it!

Walk/Run Intervals:

Each individual run has been split into walk/run intervals. All running should be completed at a comfortable pace. What do we mean by comfortable pace? A pace which allows you to complete the allotted time without needing to stop for a break. The focus is on building up the duration of time running! The walking allows your body to recover in-between the running intervals.



GLOSSARY

Do I need to warm up?

Your warm-up doesn't need to be technical - simply start each session with a 5 minute brisk walk to prepare the body for exercise. Easy!

Do I need to cool down?

A relaxed five minute walk at the end of your session will help you to get your heart rate back to normal. If you feel like it was a particularly tough session, try to spend another five minutes stretching out any areas that felt like they did work - it will help you to recover faster?

Anything else?

Hydrate and re-hydrate! It so easy to become dehydrated in Singapore, and that is before you to start running every day. You should be sipping water throughout the day, but please make sure you add in another 1-2 litres of water on top of what you would normally drink, on the days when you run - this will help you feel better and also avoid muscle injuries!



TRAINING PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Run 3 min walk 3 min Repeat 4 times (Total time: 24 minutes)	Cross Train	Run 3 min walk 3 min Repeat 5 times (Total time: 30 minutes)	Stretch	Rest	Run 4 min walk 3 min Repeat 3 times (Total time: 21 minutes)
WEEK 2	Rest	Run 5 min walk 2 min Repeat 3 times (Total time: 21 minutes)	Cross Train	Run 6 min walk 2 min Repeat 3 times (Total time: 24 minutes)	Stretch	Rest	Run 7 min walk 2 min Repeat 3 times (Total time: 27 minutes)
WEEK 3	Rest	Run 8 min walk 2 min Repeat 3 times (Total time: 30 minutes)	Cross Train	Run 8 min walk 1 min Repeat 3 times (Total time: 27 minutes)	Stretch	Rest	Run 8 min walk 1 min Repeat 3 times Finish with running 3 minutes as fast as you can (Total time: 27 minutes)
WEEK 4	Rest	Run 9 min walk 1 min Repeat 3 times (Total time: 30 minutes)	Cross Train	Run 12 min walk 2 min Repeat 2 times Finish with running 2 minutes as fast as you can (Total time: 30 minutes)	Stretch	Rest	Run 14 min walk 1 min Repeat 2 times (Total time: 30 minutes)
WEEK 5	Rest	Run 15 min walk 1 min Repeat 2 times (Total time: 32 minutes)	Cross Train	Run 10 min walk 1 min Repeat 3 times (Total time: 33 minutes)	Stretch	Rest	RACE DAY



JOIN OUR COMMUNITY GROUP

Join our UFIT Strava Club to log your training, get inspired by others, and get access to Singapore's best running routes.

Strava Group - <https://www.strava.com/clubs/ufit-corporate-run-2021>

***Disclaimer:**

Make sure you warm up adequately before each workout and immediately cease any exercise which results in pain or discomfort. You should consult a doctor before starting an exercise programme. Whilst all workouts have been chosen to be appropriate for runners, Declan Halpin shall not be held responsible for any loss, injury or damage that is suffered or incurred through the use of the information or exercises within this document.

