Learn2Run
Enabling physical fitness
There is a lot of desire to be fit....

<table>
<thead>
<tr>
<th>Reason</th>
<th>% participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>To be fitter than what I am</td>
<td>All</td>
</tr>
<tr>
<td>To learn before I attempt larger distances</td>
<td>50%</td>
</tr>
<tr>
<td>To loose weight</td>
<td>63%</td>
</tr>
<tr>
<td>To have fun</td>
<td>30%</td>
</tr>
</tbody>
</table>
What is coming in the way of exercise?

- I am too busy!
- I have to travel
- I don't know what to do?
- My knees hurt
- I get breathless...
- etc

Irrespective of what your reason/excuse is you need to make time for exercise if you want to stay fit.
NOBODY CARES ABOUT YOUR EXCUSES. NOBODY PITIES YOU FOR PROCRASTINATING. NOBODY IS GOING TO CODDLING YOU BECAUSE YOU ARE LAZY. IT'S YOUR ASS. YOU MOVE IT.
How to get there?

A well balanced diet and a regular activity are prerequisites when it comes to leading a healthy lifestyle.
NCDs are leading cause of deaths in India

NCDs – Non communicable diseases
- Diabetes
- Cardiovascular Disease
- Respiratory
- Cancers

And if lack of exercise is combined with bad eating habits, them the risk of NCD further increases.
8-Week Learn2run program

- 8 week program
- 5 days a week
- 30 to 40 minutes per day
- Daily instructions
- Rest is as important as Exercise
- Walk & Run - progressions
- Logging
- Feedback
- 3.2 km continuous run
If you start, promise that will finish!

YOU
- Follow the daily schedule
- Walk / run for specific duration
- Will not over do
- Will drink plenty of water
- Eat healthy
- Report back via log sheet
- Visit the blog for queries before asking questions

ME
- I will monitor individual log sheets – once every week but more frequently in week one
- Provide encouragement / feedback
- Answer questions if any
# Your week/day wise schedule

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Day</th>
<th>Date</th>
<th>Running Training Schedule</th>
<th>Your comments/feedback</th>
<th>My Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>Learn2Run</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>17-Oct-16</td>
<td></td>
<td>Rest. You will have two rest days per week. If you feel you need more rest days, take them. do not stress more than your body is ready for.</td>
<td>In this column you will write down if you were able to do the workout, how did it feel, was it difficult or easy etc also use this column if u have questions. If the question is a common question across the group then i will post the answers on the blogsite</td>
<td></td>
</tr>
<tr>
<td>Tue</td>
<td>18-Oct-16</td>
<td></td>
<td>Walk for 30 minutes at a comfortable pace. Since this is your first workout, take it nice and easy. Walk at a pace that gets your heart rate up and makes you breath heavier than normal, but you should no be out of breath.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>19-Oct-16</td>
<td></td>
<td>Walk for 30 minutes at a comfortable pace. Same workout as yesterday.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>20-Oct-16</td>
<td></td>
<td>Walk/Jog for 30 minutes. Walk for 5 minutes and then jog for 30 seconds. Follow that sequence for the entire workout. This is your first taste of running. Do not run for more than 30 seconds at a time. Run at a pace that is fairly comfortable.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td>21-Oct-16</td>
<td></td>
<td>Rest. Let your body recover from its first encounter with running</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>22-Oct-16</td>
<td></td>
<td>Walk/Jog for 30 minutes. Walk for 5 minutes and jog for 30 seconds. This is the same workout as Thursday. Keep your pace comfortable.</td>
<td></td>
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<tr>
<td>Sun</td>
<td>23-Oct-16</td>
<td></td>
<td>Walk/Jog for 30 minutes. You make a slight increase in the jogging interval here. Walk for 5 minutes and jog for 1 minute. You will start making consistent increases in the time of your running intervals.</td>
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