

Learn2Run

Enabling physical fitness

There is a lot of desire to be fit....

Reason	% participants
To be fitter than what I am	All
To learn before I attempt larger distances	50%
To loose weight	63%
To have fun	30%

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

~~I'm tired~~
~~It's too cold~~
~~It's too hot~~
~~It's raining~~
~~It's too late~~
Let's go

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
CIDDLE 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 pre-requisites when it comes to leading a healthy lifestyle

**YOU CAN'T BUY FITNESS.
YOU CAN'T BUY HEALTH.
YOU GET THERE BY EATING
CLEAN, WORKING HARD,
AND STAYING CONSISTENT.**

INSPIRED BY ALEXANDER HOLTZ
KATY PACEY'S JOURNAL

NCDs are leading cause of deaths in India

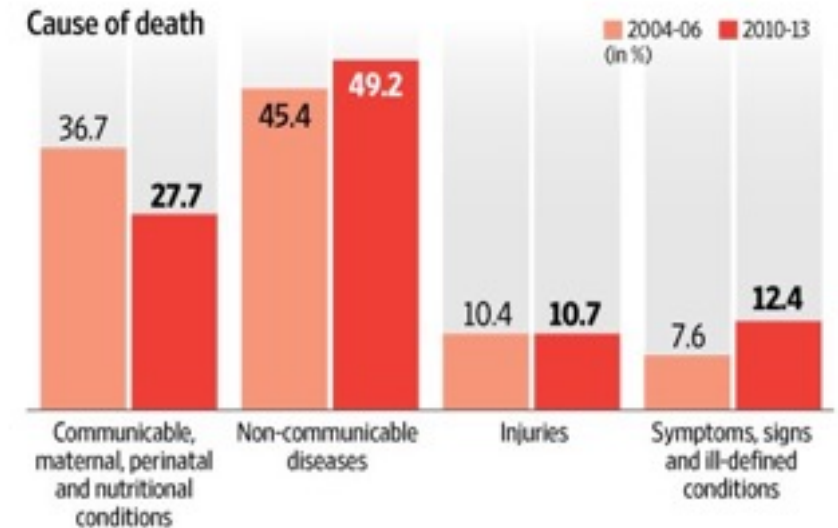
NCDs – Non communicable diseases

- Diabetes
- Cardiovascular Disease
- Respiratory
- Cancers

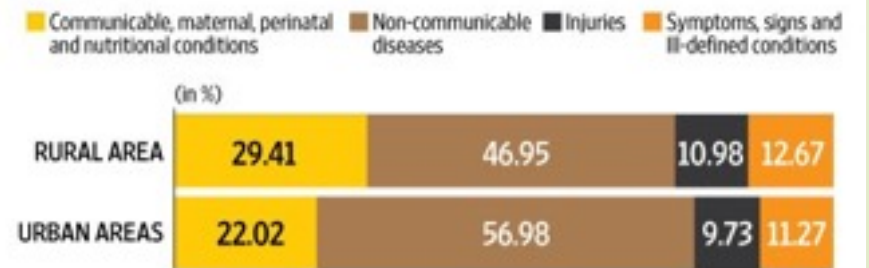
And if lack of exercise is combined with bad eating habits then the risk of NCD further increases

SIGNIFICANT ROLE

Non-communicable diseases have emerged as the leading cause of deaths in India, accounting for as many as half the deaths between 2010 and 2013.



Distribution of deaths by major causes in rural and urban areas (2010-2013)



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

A	B	C	D	E	F
Week 1	Day	Date	Running Training Schedule	Your comments/feedback	My Response
WEEK 1	Learn2Run			<p>In this column you will write down if u 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</p>	<p>This column is for me to write and is a place where I respond to your feedback. It could be answer to your question or a tip or just some words to encourage you.</p>
	Mon	17-Oct-16	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.		
	Tue	18-Oct-16	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.		
	Wed	19-Oct-16	Walk for 30 minutes at a comfortable pace. Same workout as yesterday.		
	Thu	20-Oct-16	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.		
	Fri	21-Oct-16	Rest. Let your body recover from its first encounter with running		
	Sat	22-Oct-16	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.		
	Sun	23-Oct-16	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.		