

My Running Program

I talked in the book about how I did not jog because of an old ankle injury and an old hip injury. I would have pain when I tried to jog in these joints and therefore I would mountain bike instead. Well, this year I found it difficult to go bike riding due to an injury to my knee that occurred in 2007. So, I found myself in June not doing as much cardiovascular exercise as I would have liked. Then I tried jogging again, and I have been amazed at how well the jogging program I have developed has worked for me and I hope it will work for you too.

I started jogging the 4th of July and was barely able to jog 450' at a time. Now it is early November and I am consistently jogging 4-5 miles twice a week. I am not a fast runner but my times have improved and I feel really good. I still mountain bike occasionally but jogging has become my primary cardio exercise. I will layout just how I started and progressed over a few months so that you can start your own program using this as a guide. However, as always, talk to your doctor first before starting any program. Ok, so here it is:

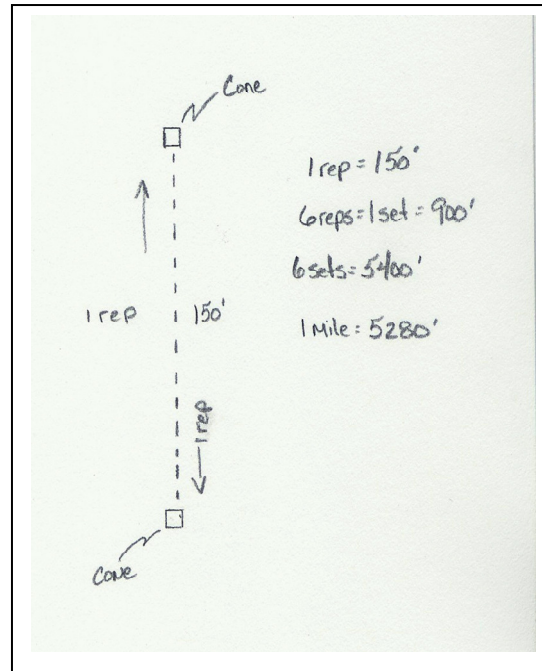
The program is simple, I break running into reps and sets just like when I am resistance training (weightlifting). One rep for me is 150' and one set is 6 reps and 6 sets is just over a mile.

$$150' \times 6 = 900' \times 6 = 5400' \text{ (just over a mile)}$$

This makes gradually working into a jogging program very easy. For instance, the first day you might jog the 1st rep of a set then walk the remaining 5 reps then jog the 1st rep of the next set and so on. Maybe that lasts a week then you jog the 1st and 2nd reps and walk the remaining 4. You can see how this progresses at your pace and it really works this way. I started the 4th of July by jogging 3 reps and walking 3 reps then by the end of July I was able to run 1 mile nonstop and by the end of October I was over 4 miles nonstop. My results may not be typical because everyone is different but this is a super easy way to get started. Check out the next page where I lay it out a little more and good luck in your pursuit of being healthy.

Running Program

You will need 2 things before you start. 1st you need some way of measuring, I use a long stride/step which is 3' for me. 2nd you need something to mark the beginning point and the next point 150' away, I use cones that you can get at any store with sporting goods.



Place a cone at your starting point then measure out 150' and place another cone. This distance is 1 rep.

The program is 6 reps per set and 6 total sets.

Start at your pace, jog 1 rep and walk 5 reps. Over time you will be able to increase the reps you jog and reduce the reps you walk.

Example

My starting program was as follows:

Jog 3 reps, walk 3 reps per set and a total of 12 sets which totals just over 2 miles total

$$150' \times 6 \times 12 = 10800' = 2.04 \text{ miles}$$

Start at your pace, give it some time and be amazed at how you progress.

