



Glasgow FrontRunner's Couch to 5k - Beginner's Running Programme

Welcome to Glasgow FrontRunner's Couch to 5k beginner's running programme. The Couch to 5K programme is suitable for absolute beginners and doesn't require any kind of advanced level of fitness. Each week you will work with our friendly qualified jog leaders who will encourage and support your running. In just 9 weeks you will be feeling fitter, healthier, and able to run 5km – you CAN do it!

Glasgow FrontRunners is an award-winning inclusive community based road-running group with strong links to Glasgow's Lesbian, Gay, Bisexual and Transgender (LGBT) community and friends. The Club is run by its members and for its members. The Club runs are on Thursday nights (meet 6.15, leave 6.30pm) and Sunday mornings (meet 10.30, leave 10.45am) at the Arc, Glasgow Caledonian University, <http://www.gcu.ac.uk/arc/contactus/>.

January Challenge. Having a goal at the start of any exercise programme can be a great motivator and in many cases can make the difference between sticking with it or giving up. Couch to 5K runs are on both Thursdays and Sundays. Set yourself a January Challenge and come along to all the runs this month. If you can stick with the programme you will quickly see and feel the benefits!

Getting Started. For someone starting an exercise programme for the first time or just getting back into exercise after a long break it can be a difficult and daunting experience. How much should I do? How far should I run? What pace should I run at? What rest should I have between runs? These are all questions that are common, so if you have asked yourself any of them, don't worry – you're not alone! Our qualified Jog Leaders are there to advise you and will support you on the runs.

What to Wear. You don't have to spend much money on gear and accessories, but you probably will need a decent pair of running shoes. It's probably best to go to a running shop like Run 4 It and Achilles Heel (members get a 10% discount) where the staff can advise you on which are the best shoes for you. For everything else, just wear something that is comfortable. Check the weather conditions before setting out – we live in Scotland after all! When you begin to exercise you will get warmer, but in the first few classes there will be periods where we are walking, so for winter runs you might want to wear a long sleeve top, or a tee-shirt with a 'wind-breaker' style light jacket. For women a good quality sports bra is as important as the right footwear. Running is a high impact sport so you will probably need more support than a normal bra can provide. You might want to wear shorts, joggy bottoms or even leggings, whatever you find comfortable. Some people like to run in winter wearing a light pair of gloves too.



Couch to 5k - Graduating class of 2016

"I joined GFR in January 2016 after a few of my friends had recommended I join. I quickly learnt to run in all elements – you name it, we ran in it – snow, hail, rain, wind – nothing stopped us. The encouragement, camaraderie and support from the group made the real difference for me and have now completed my 1st official 10k. Proud to be part of this group and long may it continue.

Mark Donaldson – Graduate 2016

The Programme. The good thing about starting out on a beginners programme is that the terms 'walk' and 'rest' are used quite a lot! Our programme runs over 9 weeks. We will begin with a mix of walking and jogging over very short distances. Over the weeks, as your stamina improves, we will build up the distance and you will find yourself running more than walking! On the final day of the programme, you'll be able to complete a 5K run and we will take part in a Saturday Park Run; this is a free, timed 5K. They are tremendous fun and you will be joined by your jog leaders and fellow club members.

The programme involves 4 sessions a week - 3 running sessions and 1 walking day. The good news is that this means that there are 3 rest days! GFR will support you in 2 of your running sessions – these will be on Thursdays and Sundays. It is up to you when you complete your third running and walking session. You do not have to attend both runs if you don't want to. If you miss a run (or more), don't worry about it! It is best if you try to stick to a regular exercise routine, but there will be times when you have to miss a session or two. The important thing to do is to keep going – all we ask is that you try your best.

What happens on a run: Each run will begin with a 5 minute warm-up to get your body ready for exercise. At the end your jog leader will take you through a series of stretches – it's important to do these because this will help you to keep injury free. You should only do what you can do on the runs, if you are finding it too difficult slow down, if you are in pain, you must stop. If at the beginning you need to walk more than run – that's ok. You will build up your fitness gradually and at a pace that is best for you.

Club kit: We encourage members to purchase and wear our club colours. GFR cool running T-Shirts & running Vests are on sale every week, both in all male and female sizes (subject to stock availability) at a cost of £10. GFR zip up hoodies at £18.

GFR Social: We are a sociable group and organise club events, such as trips away to running events, party nights, every month we go for dinner together, and we have an active Women's group too. Social events are advertised via our Facebook page and via our email GFR Newsletter's.

- **Monthly Social.** On the first Thursday of every month we go to Cafe Hula after our run for dinner and go there after our Sunday runs for brunch. If you wish to join us we meet in the foyer after the run and walk over together. Whether you just fancy a coffee, or something more substantial to eat Cafe Hula offers a wide range of drinks and food and caters for most dietary requirements. It's a great way of getting to know the other members and make new friends.
- **[Couch to 5K Facebook Group:](#)** We have our own private facebook page so we can keep track of all our runs and stay in contact with each other. Send a request to join GFR - Couch to 5K 2017 Facebook group.
- **[Women's Group:](#)** GFR women's group has a private facebook page and organises a monthly social meeting after the club run on the last Thursday of the month. The group is organised by Women's Captain Erin Ferguson. If you wish to join send a request via the facebook page, or email Erin: women@glasgowfronrunners.org

Facebook/Twitter: Glasgow Fronrunners is on Twitter and Facebook. We would encourage you to check the facebook page to keep up to date with what's happening within the club. We send out weekly run invites and invites to our social events. If you wish to receive these then you need to be accept Glesga Fronrunner (our group alias) as a Facebook friend (or send Glasga a friend request) to enable you to receive these.

How To Join GFR. Your first run is free and you can either choose to pay £1 per run thereafter, however we would encourage you to join the club so you can stay running with us after the programme. The cost of this is £16 (£10 unwaged) and lasts until August 1st. You can find more information and details on how to pay on our website: <http://glasgowfronrunners.org/membership/>

Couch to 5km Programme

Week	Workout 1	Workout 2	Workout 3	Walking
1	Brisk five-minute warmup walk. Then 8 repetitions of: <ul style="list-style-type: none"> 60 seconds jogging 90 seconds walking 	Brisk five-minute warmup walk. Then 8 repetitions of: <ul style="list-style-type: none"> 60 seconds jogging 90 seconds walking 	Brisk five-minute warmup walk. Then 8 repetitions of: <ul style="list-style-type: none"> 60 seconds jogging 90 seconds walking 	30 minute walk.
2	Brisk five-minute warmup walk. 6 repetitions of: <ul style="list-style-type: none"> 90 seconds jogging 2 minutes walking 	Brisk five-minute warmup walk. 6 repetitions of: <ul style="list-style-type: none"> 90 seconds jogging 2 minutes walking 	Brisk five-minute warmup walk. 6 repetitions of: <ul style="list-style-type: none"> 90 seconds jogging 2 minutes walking 	30 minute walk.
3	Brisk five-minute warmup walk. 2 repetitions of the following: <ul style="list-style-type: none"> 90 seconds jogging 90 seconds walking 3 mins jog 3 mins walk 	Brisk five-minute warmup walk. 2 repetitions of the following: <ul style="list-style-type: none"> 90 seconds jogging 90 seconds walking 3 mins jog 3 mins walk 	Brisk five-minute warmup walk. 2 repetitions of the following: <ul style="list-style-type: none"> 90 seconds jogging 90 seconds walking 3 mins jog 3 mins walk 	40 minute walk.
4	Brisk five-minute warmup walk. <ul style="list-style-type: none"> 3 mins jogging 90 secs walking 5 mins jogging 2 ½ mins walking 3 mins jogging 90 secs walking 5 mins jogging 	Brisk five-minute warmup walk. <ul style="list-style-type: none"> 3 mins jogging 90 secs walking 5 mins jogging 2 ½ mins walking 3 mins jogging 90 secs walking 5 mins jogging 	Brisk five-minute warmup walk. <ul style="list-style-type: none"> 3 mins jogging 90 secs walking 5 mins jogging 2 ½ mins walking 3 mins jogging 90 secs walking 5 mins jogging 	40 minute walk.
5	Brisk five-minute warmup walk. <ul style="list-style-type: none"> 5 mins jogging 3 mins walking 5 mins jogging 3 mins walking 5 mins jogging 	Brisk five-minute warmup walk. <ul style="list-style-type: none"> 8 mins jogging 5 mins walking 8 mins jogging 	Brisk five-minute warmup walk, then do 20 minutes of jogging with NO walking.	50 minute walk.
6	Brisk five-minute warmup walk. then: <ul style="list-style-type: none"> 5 mins jogging 3 mins walking 8 mins jogging 3 mins walking 5 mins jogging 	Brisk five-minute warmup walk. <ul style="list-style-type: none"> 10 mins jogging 3 mins walking 10 mins jogging 	Brisk five-minute warmup walk, then do 25 minutes of jogging with NO walking.	50 minute walk.
7	Brisk five-minute warmup walk, then 25 minutes jogging.	Brisk five-minute warmup walk, then 25 minutes jogging.	Brisk five-minute warmup walk, then 25 minutes jogging.	60 minute walk.
8	Brisk five-minute warmup walk, then 28 minutes jogging.	Brisk five-minute warmup walk, then 28 minutes jogging.	Brisk five-minute warmup walk, then 28 minutes jogging.	60 minute walk.
9	Brisk five-minute warmup walk, then 30 minutes jogging.	Brisk five-minute warmup walk, then 30 minutes jogging.	The final workout! Congratulations! Brisk five-minute warmup walk, then 30 minutes jogging.	PARK RUN: A free, timed 5km run with your jog leaders and fellow club members – Good Times!