

From Couch to 5K in 8 Weeks

By David Carrie

1. Start off slowly

No matter how keen you are to get going, take it steady. You will never regret giving yourself a nice, gradual introduction to running. If you're unused to exercise, it's all too easy to overstress your body and risk injury and loss of motivation. Take the long view, prepare properly and build your training gradually. Keep it fun and before you know it you'll start to reap the rich benefits!

2. Walk and run

Don't think of walking as a compromise or defeat; it's a vital part of the beginner's regime. Do what works for you; combine walking and running in alternate bursts, or on alternate days. Gradually increase the proportion of running until you are comfortable running all the way. Even then, don't lose sight of the value of walking as a supplementary exercise, especially if injury or illness makes running difficult or inadvisable.

3. Make a plan

As with anything that takes time, running can be difficult to fit into your busy schedule, so a little planning goes a long way. Luckily, the time you give to running should be more than made up in the extra energy, physical and mental, that results – so think of it all as an investment in personal efficiency. Let the people around you know that you're a runner, and use their encouragement as motivation.



**STREETS OF
DUBLIN 5K**
STREETS BROAD & NARROW

From Couch to 5K in 8 Weeks

By David Carrie

4. Listen to the body

Be attentive to any signs you are overdoing it or flirting with injury. Running shouldn't usually hurt. Be sure to get plenty of rest between runs. That way, your body can make the adaptations that bring improved strength and speed. Exercise shouldn't make you lose sleep or appetite. Although not every ache and pain should make you stop, be cautious and patient – and if in doubt, take time out.

Carrie's Training Tips

1. Get a full medical check-up from your GP before starting any strenuous exercise.
2. Sign up for the Spar Streets of Dublin 5K.
3. Remember you are training for a 5K, not a sprint.
4. Try out gait analysis and select your ideal running shoes.
5. Include stretching in your warm-up and cool-down.
6. Follow a balanced diet and keep hydrated. You are what you eat.
7. Vary your training terrain; include off-road, grass and trails.
8. If you're feeling tired, injured, or sick seek proper treatment and rest.
9. Stick to a regular running routine and to training plan but don't panic if you miss days
10. And remember - it's always good to treat yourself!



**STREETS OF
DUBLIN 5K**
STREETS BROAD & NARROW