

Glow GETTER



Glow & Run

Intro to

Running

Glow & Run - Introduction

For 360 health and fitness, we recommend you follow a varied training plan including cardio, strength and mobility training. Running can assist with your confidence, stamina and overall fitness, when combined with kettlebells, HIIT, weight training and Pilates.

The Glow & Run programme has 3 different levels; level 1 follows a similar path to the Couch to 5k for total beginners and intermediate 1 and 2 levels are for those who have either ran before and just getting back into it or have a moderate level of fitness.

Before starting any of the sessions, please ensure that you have warmed up properly to prevent injury. Warm up exercises are noted at the start of each programme and should be completed before you start. We want to warm the muscle, tendons, ligaments and lubricate the joints. This will improve the enjoyment and effectiveness of your run as well as helping you avoid injury!

Achieving goals is a great way to stay motivated. Print off the programmes or save to your phone and keep track of how you are going and more importantly how you are feeling during and after each session.

Remember you don't need to progress from week to week. If you feel that you aren't ready for the next week, repeat the week. It may take you a little longer, however, "change the plan but never the goal".

To make progress and stay accountable, set yourself a SAV Goal! You'll remember from the Goal Setting Get Started Guide a SAV Goal is:

SPECIFIC
ACHIEVEABLE
VALUED



One thing to note, although running should be challenging in the beginning (and possibly at other times too) it should never be a chore.

One of our top tips would be to set your pace is, run with someone and be able to have a conversation whilst you are running, or if you are going alone, stick your earphones on and sing to yourself, this really helps. This will regulate your breathing and and set your pace at a manageable and sustainable level.

Finally – enjoy it. Don't worry about how fast you are going, just follow the programme and enjoy the process especially if you run outdoors.

Running is the one form of exercise you can do anywhere in the world.

