



Ross Creek, Dunedin

MoveMe Jogging/Running Training Programmes

MoveMe is all about getting out, getting active, and feeling good while doing it.

www.moveme.org.nz is a Getting Dunedin Active initiative, led by the Dunedin City Council, that provides all the information you need to get active, and stay active, in and around Dunedin. With help from the professionals at Sport Otago, we have created two running plans. One is for the absolute beginner and will see you from doing no running to running 5km in 6 weeks. The second plan is a 12 week running plan for those wanting to do a 10km run. We hope these plans help you reach your running goals whether it is competing in a running event or increasing your activity levels... while getting out and enjoying Dunedin!

Some things to think about before you start:

- Do you have a decent pair of shoes? Running shoes are ideal, but not necessary if you're just getting started.
- Always wear socks
- Wear light and loose clothing
- Don't eat just before running
- Always stretch after running
- Wear a cap if it is sunny
- Running on grass is lower impact and easier on the joints
- Ask a friend or family member if they want to do the plans with you. It will be a great way to catch up and share the experience.
- Most importantly have fun!

It is worth remembering that it is better to arrive on the starting line undertrained than over trained or not starting at all due to injury. If you are a beginner runner, start with our 6 week plan. If you are already running, start at a week that suits your current fitness level or go straight to our 12 week plan.



Running not for you?

MoveMe also has a 7 week walking training programme available online at www.moveme.org.nz/findactivity.php under 'Are you just starting out?'

6 week 5km Running Plan

This plan assumes you are an absolute beginner and don't run at all. If you are not accustomed to much exercise, then it is better to start slowly, both within a session and also across sessions/weeks. The goal is to be able to run (or a mixture of running and walking) a 5km course by the end of the 6 weeks.



week 1	Monday	Rest
	Tuesday	Run 1 min, walk 1 min. Do 10 times
	Wednesday	Rest
	Thursday	Run 2 mins, walk 4 mins. Do 5 times
	Friday	Rest
	Saturday	Rest
	Sunday	Run 2 mins, walk 4 mins. Do 5 times

week 2	Monday	Rest
	Tuesday	Run 3 mins, walk 3 mins. Do 4 times
	Wednesday	Rest
	Thursday	Run 3 mins, walk 3 mins. Do 4 times
	Friday	Rest
	Saturday	Rest
	Sunday	Run 5 mins, walk 3 mins. Do 3 times

week 3	Monday	Rest
	Tuesday	Run 7 mins, walk 2 mins. Do 3 times
	Wednesday	Rest
	Thursday	Run 8 mins, walk 2 mins. Do 3 times
	Friday	Rest
	Saturday	Rest
	Sunday	Run 8 mins, walk 2 mins. Do 3 times

week 4	Monday	Rest
	Tuesday	Run 8 mins, walk 2 mins. Do 3 times
	Wednesday	Rest
	Thursday	Run 10 mins, walk 2 mins. Do twice then run for 5 mins
	Friday	Rest
	Saturday	Rest
	Sunday	Run 8 mins, walk 2 mins. Do 3 times

week 5	Monday	Rest
	Tuesday	Run 9 mins, walk 1 min. Do 3 times
	Wednesday	Rest
	Thursday	Run 12 mins, walk 2 mins. Do twice then run for 5 mins
	Friday	Rest
	Saturday	Rest
	Sunday	Run 8 mins, walk 2 mins. Do 3 times

week 6	Monday	Rest
	Tuesday	Run 15 mins, walk 1 min. Do twice
	Wednesday	Rest
	Thursday	Run 8 mins, walk 2 mins. Do 3 times
	Friday	Rest
	Saturday	Rest
	Sunday	5km run or event - you will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly, and don't wait until you are exhausted before taking some 1-minute walk breaks.



Try and find a 5km event in Dunedin to train for (check out the events section of the MoveMe website for inspiration). Feel free to schedule your rest days to suit.



12 week 10km Running Plan

This plan will suit you if you have completed our 6 week 5km plan or are already running and can run for 15 minutes. Feel free to schedule your rest days to suit and we recommend doing some beach or bush runs for variety.

week 1	Sunday	15 min easy run
	Monday	Rest
	Tuesday	15 min easy run
	Wednesday	Rest
	Thursday	15 min easy run
	Friday	Rest
	Saturday	Rest

week 2	Sunday	20 min easy run
	Monday	Rest
	Tuesday	20 min easy run
	Wednesday	Rest
	Thursday	20 min easy run
	Friday	Rest
	Saturday	Rest

week 3	Sunday	30 min easy run
	Monday	Rest
	Tuesday	20 min easy run
	Wednesday	Rest
	Thursday	Same run as Tuesday but a minute faster
	Friday	Rest
	Saturday	15 min easy run

week 4	Sunday	30 min easy run
	Monday	Rest
	Tuesday	20 min easy run
	Wednesday	Rest
	Thursday	25 min faster run
	Friday	Rest
	Saturday	20 min easy run

week 5	Sunday	35 min easy run
	Monday	Rest
	Tuesday	25 min easy run
	Wednesday	Rest
	Thursday	20 min faster run
	Friday	Rest
	Saturday	20 min easy run

week 6	Sunday	35 min easy run
	Monday	Rest
	Tuesday	25 min easy run
	Wednesday	15 min faster run
	Thursday	20 min easy run
	Friday	Rest
	Saturday	20 min fast run

week 7	Sunday	40 min easy run
	Monday	Rest
	Tuesday	25 min easy run
	Wednesday	20 min faster run
	Thursday	20 min easy run
	Friday	Rest
	Saturday	20 min fast run

week 8	Sunday	40 min easy run
	Monday	Rest
	Tuesday	10 min easy, 10 min fast, 10min easy
	Wednesday	20 min easy run
	Thursday	20 min fast
	Friday	Rest
	Saturday	20 min hilly run (at an easy pace)

week 9	Sunday	45 min easy run
	Monday	Rest
	Tuesday	10 min easy, 5 min fast, 5 min easy, 5 min fast, 5 min easy
	Wednesday	20 min easy run
	Thursday	20 min fast run
	Friday	Rest
	Saturday	30 min hilly run (at an easy pace)

week 10	Sunday	50 min easy run
	Monday	Rest
	Tuesday	10 min easy, 5 min fast, 5 min easy, 5 min fast, 10 min easy
	Wednesday	20 min easy run
	Thursday	20 min fast run
	Friday	Rest
	Saturday	30 min hilly run (at a faster pace)

week 11	Sunday	50 min easy run
	Monday	Rest
	Tuesday	30 min fast run
	Wednesday	20 min easy run
	Thursday	20 min fast run
	Friday	Rest
	Saturday	30 min hilly run (at a faster pace)

week 12	Sunday	40 min easy run
	Monday	20 min fast run
	Tuesday	Rest
	Wednesday	20 min fast run
	Thursday	Rest
	Friday	Rest
	Saturday	10km run or event



EASY run means finishing and feeling you could do more.
 FASTER run means having to concentrate to maintain pace towards the end
 FAST means setting off at a speed that you hope you can maintain till the end
 FEEL free to programme your rest days to suit your personal schedule.





Running Events

By having an event to train for, it gives you a goal and a timeframe to work with.

Some annual Dunedin and Otago running events include:

Our Favourites

There are loads of great running spots throughout Dunedin.

For beginners we suggest starting with:

- Logan Park
- St Clair and St Kilda beaches
- John Wilson Drive
- Maia cycling / walkway path
- The Oval

Other MoveMe favourites include:

- Burma Road / Ross Creek loop
- Queens Drive
- Bethunes Gully
- Silverstream in Mosgiel

Or simply explore your local neighbourhood!

Still got energy to burn?

Don't stop now. Dunedin has plenty of events and runs to keep your fitness levels up.

Look at the Activity Maps page of the MoveMe website www.moveme.org.nz to download maps of different areas in Dunedin. Why not try a new running course from each map??

Map my run www.mapmyrun.com

MapMyRun provides access to an innovative geo-mapping application that permits you to track and store your running (and cycling and walking) routes in an online database. If you search Dunedin on this website you can view many running maps and their distances throughout the city.

Otago Peninsula Challenge – January

Walk: 15km crossing through 10 private properties, this is your once a year chance to walk, run or ride down the wild side of the Otago Peninsula. With some of the most spectacular scenery in the country, this is not an opportunity to be missed but it is definitely something to train for as it includes some challenging hills.

www.otagopeninsulachallenge.co.nz

Trail Journeys Rail Trail Duathlon – February

This course has a very gentle gradient and the event can be done in teams. While there is a competitive edge to the event, most people participate for the enjoyment and challenge of completing the 150km course. There are a wide range of team categories to encourage participation. www.railtrailduathlon.co.nz

The New World Stadium To Surf – March

10km Fun Run and Walk, starting from Forsyth Barr Stadium and finishing at St Clair. The event is for all ages, all sizes, all abilities, from families to schools to corporate team building. This is a nice flat course so is perfect for anyone getting into activity or wanting to try an event for the first time. www.stadium2surf.co.nz

Moro Marathon, Half Marathon Run and Walk – September

The moro marathon includes a half marathon and a recreational walk. Established in 1979, it is one of the most scenic marathons in New Zealand. The marathon starts close to the Albatross Colony on the Otago Peninsula, runs around the beautiful Otago Harbour before finishing at Watson Park, Port Chalmers. www.moromarathon.co.nz

Hill Free Half Marathon – October

The Hill Free Half Marathon event is a running and walking race catering for all ages and abilities consisting of a half marathon run, 10km run/walk and a 2km run for children under 12. As the name suggests, these races are hill free. Run on the Taieri Plains around the rural setting of Outram (Dunedin, New Zealand), this event is genuinely hill free and a great event for beginners. www.hillcity.org.nz/hillfree/

Go2Fitness

Go2Fitness run a number of events throughout the year including the Moana Pool Bloke-free Triathlon and Duathlon Series and the 2XU series. For more information contact Moana Pool.

