



Ross Creek, Dunedin

# MoveMe 6 week Running Plan

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

[www.moveme.org.nz](http://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 a 5km running plan for the absolute beginner. We hope this plan will help you reach your 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
- Wear light and loose clothing, layers are ideal
- 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 plan with you; it will be a great way to catch up and share the experience
- Have fun!



## Running not for you?

MoveMe also has 6 week Training Plans available online at [www.moveme.org.nz](http://www.moveme.org.nz) under 'walking'.

# 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.

Need more? If you're comfortable running 5km and want to take it further, contact us for a 10km training plan. You can get in touch via Facebook or [info@moveme.org.nz](mailto:info@moveme.org.nz)



# Great places to start

Here are some ideas for places to run when you are just starting out. As you get fitter you'll be able to explore more of the fantastic network of tracks and trails around Dunedin. Some of our favourites are St Clair and St Kilda beaches, the Oval, Ross Creek, and Silverstream in Mosgiel.

## John Wilson Drive

This is a great spot to clear your head.

If you park at the bollards at the St Kilda end and run to Lawyers Head and back, you'll have polished off 3km.

John Wilson Drive is open to cars from 11am to 3pm on weekdays, the rest of the time it's foot traffic only.



## Logan Park

The circuit around Logan Park is 2.5km, and will give you a good mix of running both on footpaths and on soft ground. It's also relatively flat. If you are still feeling energetic after a lap you could try out the exercise equipment dotted along Butts Road.



## Harbourside shared pathway to St Leonards

Starting at Dunedin Boat Harbour, this relatively new and beautifully flat pathway can take you as far as St Leonards (6km one way). Be aware of cyclists and other pathway users.



## High intensity interval training

The quickest way to improve your fitness, and your health, is to start doing some high intensity exercise. You can easily add a high intensity component to your usual run by doing some short but fast sprint drills, with rest periods in between e.g. run as fast as you can for 10 seconds, then walk for a minute, then repeat. It won't take long to notice the benefits! There is lots of advice about high intensity training on the internet so search away, but seek advice if you're confused; you can email us at [info@moveme.org.nz](mailto:info@moveme.org.nz), or contact us via the Ask An Expert forum on our website, for personalised advice.



## Get some tech help

If you like to run to music, there are some great apps that will help keep your pace and your energy up! Some even sync the music to the speed you are moving. One of our favourites is RockMyRun, which is free from the iTunes app store.

## Map my run

[www.mapmyrun.com](http://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.

## Couch to 5k

Couch to 5k has been designed to get just about anyone from couch sitting to running 5 km within the space of around two months. Explore [www.coolrunning.com](http://www.coolrunning.com) to find out more, and to download the app.

There are several variations of the Couch to 5k programme so you may wish to look at a few.

# Running Events

Having an event to train for gives you a goal and a timeframe to work with.

Keep an eye on our website [www.moveme.org.nz](http://www.moveme.org.nz) for upcoming events.



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## Otago Peninsula Challenge – May

Covering 15km and 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](http://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](http://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. This event is for all ages, all sizes, and 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](http://www.stadium2surf.co.nz)

## Cadbury Dunedin 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, and runs around the beautiful Otago Harbour before finishing at Watson Park, Port Chalmers. [www.moromarathon.co.nz](http://www.moromarathon.co.nz)

## Hill Free 10km Run – October

The Hill Free event is a running and walking race consisting of a half marathon run, 10km run/walk and a 2km run for children under 12. 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/](http://www.hillcity.org.nz/hillfree/)

## Go2Fitness

Go2Fitness run a number of events throughout the year, including the Moana Pool Blokefree Triathlon and Duathlon Series and the 2XU series. For more information go to [www.go2fitness.co.nz](http://www.go2fitness.co.nz)

Visit MoveMe on Facebook  
<http://www.facebook.com/MoveMeDunedin>

