



MOVEPOD
PODIATRY

ZERO-TO-HERO

Complete Guide For Beginner Runners



HOW TO RUN 5KM

PACKED WITH BONUS MATERIAL

DISCLAIMER

The information in this book is meant to supplement not replace individualised and specific running coaching. Like any sport involving speed, endurance, equipment, balance, strength and environmental factors, running poses some inherent risks. The author and publisher advises readers to take responsibility for their own safety and know their limits. Beyond practicing the skills and sessions in this book, be sure that your equipment is well maintained and you have considered the environment in which you are exercising. Do not take risks beyond your skill level, aptitude, fitness level, experience or comfort level. If you have any pre-existing conditions or you are concerned about your general health, visit your doctor to seek clearance before undertaking this program.

TABLE OF

CONTENTS



4	INTRODUCTION
5	RECOVERY TIPS
6-7	WARMING UP
8	COOLING DOWN
9-10	MOBILITY
11	STRENGTHENING
13-38	WEEKLY PROGRAM

Congratulations on taking the first step towards running 5km. We are so happy that you have chosen us to come along on this journey with you.

We are here to help you navigate the early stages of running, including what to do and what to expect.

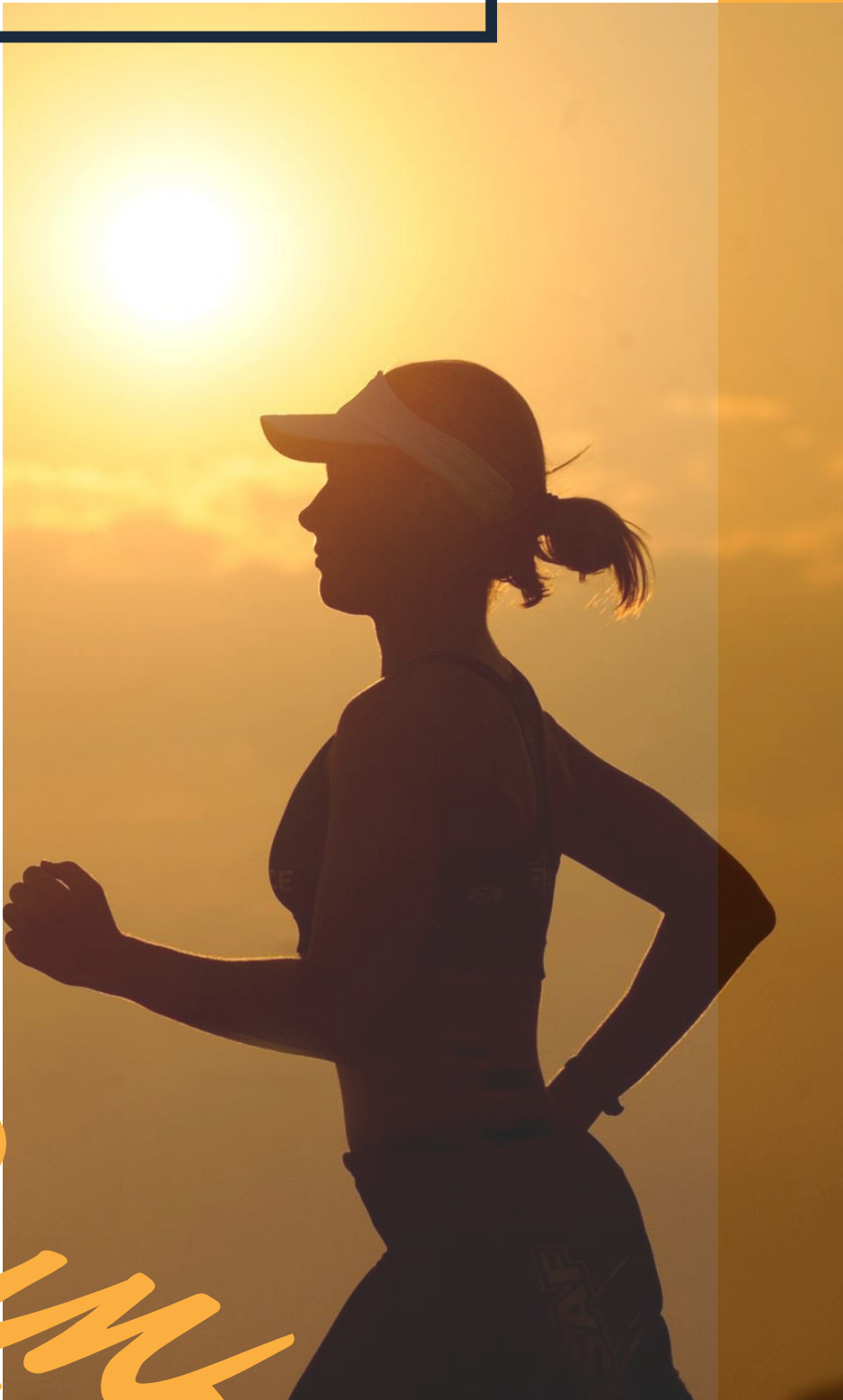


INTRODUCTION

Well done on taking the first steps in either running for the first time or getting back into running! Thank you for bringing us along on this journey with you. There is nothing more inspiring to us than watching people fall in love with running. You may be doing this to get fit for sport, because your partner or kids told you to lose some weight, or for a physical and mental release. Whatever the reason, we are all starting together at the same level.

The key to running and falling in love with running is patience and consistency. We want to keep your body moving and injury free so that we can keep doing this running thing for as long as possible.

To help you with this we have provided tips and tricks involving mobility exercises, weekly strengthening, weekly tips as well as specific sessions with gradual progressions. It is your responsibility to listen to your body and take it easy when your body is feeling sore. Never be afraid to take an extra recovery day if your body is asking for it.



Run!

OUR BEST RECOVERY TIPS

Train hard, recover harder!
 We personally consider how you recover to be just as, if not more important than the training



1

SLEEP

This is one of the most important tools in recovering between runs/training. Some great sleep tips include:

- Getting 7-9 hours per night (varies person to person)
- No phones 1 hour before bed
- Keep the caffeine for the morning (before midday)
- Keep a consistent sleep schedule

2

HYDRATION/NUTRITION

What you eat and drink directly impacts the fuel you have to use for exercise. Some quick and easy fueling tips include:

- 3-4L of water per day
- Consuming food shortly after activity
- Eating a balanced diet with lots of vegetables and a mix of protein, carbohydrates and healthy fats.

3

COOL DOWN

A cool down is the first thing you do after your run to contribute to your recovery. Doing a cool down helps to return your body to a steady state, gradually slowing your heart rate and clear by-products from muscles and blood stream. We will cover this in more depth in the "cool down" section of this e-book.

4

REST DAYS & DELOAD WEEKS

Recovery days are vitally important, especially when first starting out. You should be taking at least one day rest between each run in the beginning.

In addition to this, we have added "deload weeks" into your program. These weeks have a reduction in weekly running load every 4th week. This allows your body to recover and get bigger gains moving forward.

WARMING UP

Warming up is a necessity before each and every running or strength session. It will include a variety of muscle activation exercises to gradually increase your heart rate, muscle activity and joint range of motion before getting into your session.

BENEFITS OF WARMING UP

- Gradually increase your heart rate, body temperature, muscle activity and range of motion
- Reduce risk of injury
- Improve performance of each session
- Greater oxygen transmission



➔ Glute Activations



Notes:

- Weight even between feet
- Push through ground and raise hips to the sky
- Squeeze glutes for 3-5 seconds and lower back down
- Complete 10 times

➔ Walking High Knee

Notes:

- Raise knee up, hold for 1sec
- Then grab knee and pull into chest
- Standing foot raise on to toe
- Alternate side to side
- 5 on each side



WARMING UP CONTINUED...

➔ Walking Lunges



Notes:

- Big step forward
- Sit back onto back knee as it lowers down slowly
- Rise back up and take another big step
- 5 steps on each side

➔ Hamstring Scoops

Notes:

- Step heel out in front of body
- Sit your bum back and lean forward
- Scoop arms down to ground and then back up high
- 10 scoops each side



➔ High Knee Kickback



Notes:

- Bring knee up high and hold for a second
- Kick heel of same leg back and squeeze glute
- Alternate side to side
- 5 steps on each side

COOLING DOWN

Cooling down is a necessity after every single session in your program. It includes a short work/low intensity movement + a range of your mobility exercises. It is designed to bring your body back to steady state gradually as well as working on your overall mobility



BENEFITS OF COOLING DOWN

- Bring your breathing back to normal without sudden stopping
- Slowly returning your heart rate back to steady state
- Clear by-products from the muscles before ceasing exercise
- Potentially helps in reducing muscle soreness and reducing risk of injury

YOUR COOL DOWN CHECKLIST

- Finish your session
- Walk for 5-10 minutes
- Complete mobility series
- Rehydrate and refuel



MOBILITY

A good mixture of strength and mobility is important for every runner. When it comes to mobility we require specific amounts of range of motion in certain areas like our hips. This range of motion allows us to move freely and efficiently without restriction

→ Deep Squat + Rotation



Notes:

- Feet flat on ground
- Sit deep into squat
- Slowly raise arm up as you rotate
- Alternate each side holding for a 4-5 sec
- Complete 10 each side

→ Kneeling Hip Flexor Stretch

Notes:

- Tip pelvis back
- Tuck tailbone under
- Small pulses where you feel tension
- Complete 30 seconds on each side x 2





MOBILITY CONTINUED..

➔ Foot Pedalling



Notes:

- Start in a high plank and walk your feet in
- With tension on hamstring and calf
- Slowly alternate lifting heels/slightly bending knee
- 10 pedals on each foot

➔ Windmill Stretch

Notes:

- Start in star position
 - Bend forward at hips
 - Rotate through upper body and touch toe
- Alternate each side
- 10 on each side



➔ Side-to-sides



Notes:

- Start with a wide stance of feet
- Leaning side to side and feeling stretch at inside of thigh (like a shallow lunge)
- move slowly alternating side to side
- 15 reps on each side

STRENGTHENING SESSIONS



When it comes to running, I personally feel that strengthening is a non-negotiable. It must be involved in your weekly routine and you must always be stronger than the running you're doing. Without strength, our body fatigues quicker and we are put in to positions that increase the risk of injury.

3 MAIN BENEFITS OF STRENGTHENING FOR RUNNERS

1. Increased speed and power, through neuromuscular control
2. Improved running efficiency, saving you energy for longer runs through coordination and control
3. Reduced risk of injury by increased strength and resilience of muscle and connective tissue

YOUR STRENGTH SESSIONS

We have put together weekly strength sessions for you to complete. Here are some guidelines:

- All exercises are easy to do at home with minimal equipment required. We change exercises weekly to keep it interesting for you.
- Strength sessions can be completed 1-3 times per week
- They can be complete either on non-running days or after runs
- There are 3 difficulty levels:
 - **Beginner:** Complete 3 rounds of each exercise
 - **Intermediate:** Complete 4 rounds of each exercise
 - **Pro:** Complete 5 rounds of each exercise
- Listen to your body and work within your level of experience
- It's ok to take an extra recovery day or do less on certain weeks if your body is needing it

12 - WEEK PLAN

**YOUR STEP-BY-STEP GUIDE TO RUNNING 5KM AND
BECOMING A STRONGER YOU**

WEEKLY GUIDELINES

SOME SIMPLE TIPS TO KEEP YOU HEALTHY & ON TRACK

01

Strength Routine
Beginner: 3 rounds
Intermediate: 4 rounds
Pro: 5 rounds

02

Complete strength exercises in their grouped order

03

Always take a rest day between your runs. You can do other exercise on this day if you'd like

04

Complete mobility exercises a couple of times per week. Post-run is a good time

05

Listen to your body. The training plan is not gospel, your body is more important. You can take extra rest days and re-do some weeks

06

Warm up before each and every session of strengthening and running

07

Ensure you follow our recovery guidelines including Nutrition/hydration and getting adequate sleep

08

If doing a single leg strength exercise, complete 30 second intervals on each leg

Week 1

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Speed is not important when first starting. Take it easy and jog at a pace where you could hold a conversation

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

30 Seconds jog
2 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

30 Seconds jog
2 minute walk
x11 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

30 Seconds jog
2 minute walk
x12 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 1: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



STATIC LUNGE

Step back and drop knee slowly
front knee stays behind toes



PLANK SHOULDER TAP

Start in high plank
Slowly lift one hand and tap opposite shoulder, repeat



DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 2

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Focus on good posture when you're running. A good way to think about it is to say to yourself "run tall"

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

1 Minute jog
2 minute walk
x7 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

1 Minute jog
2 minute walk
x8 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

1 Minute jog
1 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 2: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

STEP UP

Foot up on step
Push foot into step and drive up
Slowly lower yourself down & alternate legs

GLUTE BRIDGE

Lie on back with feet flat on ground. Push into ground and drive hips up to the sky



MOUNTAIN CLIMBER

Start in high plank
Tuck knee under body toward arm, slowly return and alternate

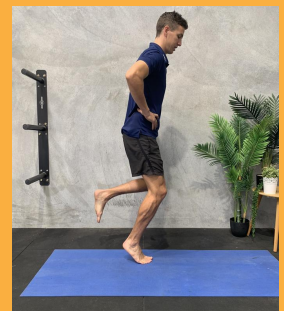
DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



BENT KNEE CALF RAISE

Stand on one foot (knee bent)
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 3

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

A good pair of running shoes is one of the few pieces of equipment runners need. Visit a good running store where you can trial multiple pairs to find the most comfortable

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

1 Minute jog
1 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

90 second jog
1 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

90 second jog
1 minute walk
x11 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 3: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



SIDE LUNGES

Start with wide stance
Lean to one side and lunge
Push back to centre and alternate



SIDE PLANK PASS UNDER

Start in side plank
Slowly pass top arm under body
Lift back up to starting position



V'S & W'S

Lie on your front with arms in a V position
draw elbows in to create a W
Keep back muscles engaged and arms floating off the ground



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Consolidation Week

Week 4

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Don't compare yourself to others. You are on your own running journey and you should never compare this to what others are doing

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

90 Second jog
1 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

1 minute jog
1 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

90 Second jog
1 minute walk
x10 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 4: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

HIGH KNEE ROTATION

Stand on one foot with high knee
Rotate upper body toward high knee. Keep glute active

DONKEY KICKS

Start on all fours with knees under hips. Keep heel back and squeeze glute



PUSH UPS

Lower yourself down close to the ground. Push into the ground, driving your body up. Start on Knees if too difficult



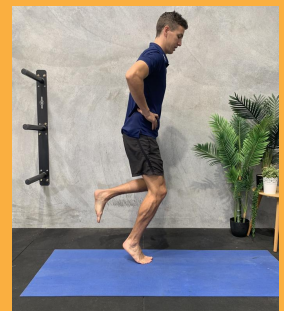
MOUNTAIN CLIMBER

Start in high plank
Tuck knee under body toward arm, slowly return and alternate



BENT KNEE CALF RAISE

Stand on one foot (knee bent)
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 5

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

An occasional "Body checklist" whilst running is a good way to maintain good technique and ensure you're nice and relaxed

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

2 Minute jog
1 minute walk
x7 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

2 Minute jog
1 minute walk
x8 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

2 Minute jog
1 minute walk
x8 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 5: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



STATIC LUNGE

Step back and drop knee slowly
front knee stays behind toes



PLANK SHOULDER TAP

Start in high plank
Slowly lift one hand and tap opposite shoulder, repeat



DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 6

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

It is more efficient to take shorter sharper steps than taking big long strides. It also reduces risk on injury

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

3 Minute jog
1 minute walk
x6 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

3 Minute jog
1 minute walk
x6 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

3 Minute jog
1 minute walk
x7 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 6: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

STEP UP

Foot up on step
Push foot into step and drive up
Slowly lower yourself down & alternate legs

GLUTE BRIDGE

Lie on back with feet flat on ground. Push into ground and drive hips up to the sky



MOUNTAIN CLIMBER

Start in high plank
Tuck knee under body toward arm, slowly return and alternate

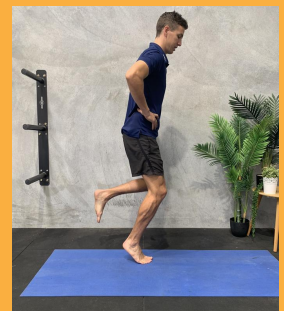
DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



BENT KNEE CALF RAISE

Stand on one foot (knee bent)
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 7

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

*Listen to your body!
If you're pulling up too sore
or not recovering between
sessions, take an extra
recovery day or repeat
certain weeks*

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

4 Minute jog
1 minute walk
x5 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

4 Minute jog
1 minute walk
x6 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

5 Minute jog
1 minute walk
x5 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 7: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



SIDE LUNGES

Start with wide stance
Lean to one side and lunge
Push back to centre and alternate



SIDE PLANK PASS UNDER

Start in side plank
Slowly pass top arm under body
Lift back up to starting position



V'S & W'S

Lie on your front with arms in a V position
draw elbows in to create a W
Keep back muscles engaged and arms floating off the ground



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Consolidation Week

Week 8

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Sleep is one of your most important recovery tools. Make sure you are getting enough sleep each night for proper recovery

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

5 Minute jog
1 minute walk
x4 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

4 Minute jog
1 minute walk
x5 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

5 Minute jog
1 minute walk
x5 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 8: STRENGTHENING

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



STATIC LUNGE

Step back and drop knee slowly
front knee stays behind toes



PLANK SHOULDER TAP

Start in high plank
Slowly lift one hand and tap opposite shoulder, repeat



DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 9

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

You can increase the difficulty of exercises by adding resistance bands to your program

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

6 Minute jog
1 minute walk
x4 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

7 Minute jog
1 minute walk
x4 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

7 Minute jog
1 minute walk
x4 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 9: STRENGTHENING

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



STATIC LUNGE

Step back and drop knee slowly
front knee stays behind toes



PLANK SHOULDER TAP

Start in high plank
Slowly lift one hand and tap opposite shoulder, repeat



DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 10

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Technical running socks are designed to help reduce blisters whilst running. They are a great investment for runners

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

10 Minute jog
2 minute walk
x3 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

9 Minute jog
1 minute walk
x3 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

10 Minute jog
2 minute walk
x3 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 10: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

STEP UP

Foot up on step
Push foot into step and drive up
Slowly lower yourself down & alternate legs

GLUTE BRIDGE

Lie on back with feet flat on ground. Push into ground and drive hips up to the sky

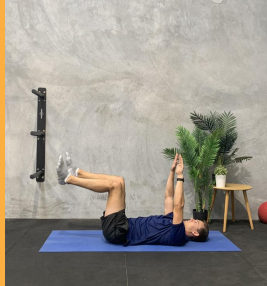


MOUNTAIN CLIMBER

Start in high plank
Tuck knee under body toward arm, slowly return and alternate

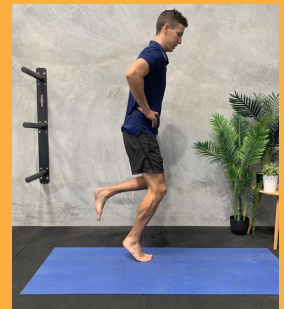
DEAD BUG

Lie on back with legs in tabletop
Slowly extend left leg and right arm simultaneously
Come back to centre and alternate with other side



BENT KNEE CALF RAISE

Stand on one foot (knee bent)
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 11

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Cross training is a great way to work on your aerobic capacity without the impact of running eg. rowing, swimming, cycling

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

10 Minute jog
1 minute walk
x3 repetitions

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

15 Minute jog
2 minute walk
x2 repetitions

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

15 Minute jog
1 minute walk
x2 repetitions

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 11: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

SQUATS

Sit bottom back
Even spread of weight in feet



SIDE LUNGES

Start with wide stance
Lean to one side and lunge
Push back to centre and alternate



SIDE PLANK PASS UNDER

Start in side plank
Slowly pass top arm under body
Lift back up to starting position



V'S & W'S

Lie on your front with arms in a V position
draw elbows in to create a W
Keep back muscles engaged and arms floating off the ground



CALF RAISE

Stand on one foot
Raise up onto toes slowly
Pause at the top and lower back down slowly



Week 12

3x Running sessions
1-2x Strength sessions

WEEKLY TIP:

Maintaining a good nutritional diet and staying hydrating has a huge impact on your performance and recovery

RUNNING SESSIONS

1

RUN ONE

5 minute walk
Warm-Up Routine

20 Minute jog
2 minute walk
10 minute jog

5 minute walk
Cool Down
Routine

2

RUN TWO

5 minute walk
Warm-Up Routine

25 minute Jog

5 minute walk
Cool Down
Routine

3

RUN THREE

5 minute walk
Warm-Up Routine

30 Minute Jog

5 minute walk
Cool Down
Routine

“ You should always be stronger than the running you're doing ”

WEEK 12: STRENGTHENING

CHOOSE: BEGINNER, INTERMEDIATE, PRO

30 seconds on, 30 seconds rest

HIGH KNEE ROTATION

Stand on one foot with high knee
Rotate upper body toward high knee. Keep glute active

DONKEY KICKS

Start on all fours with knees under hips. Keep heel back and squeeze glute



PUSH UPS

Lower yourself down close to the ground. Push into the ground, driving your body up. Start on Knees if too difficult



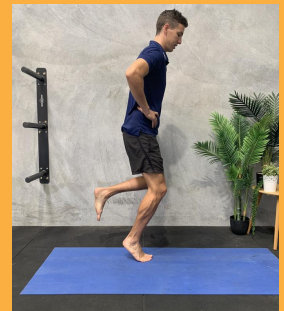
MOUNTAIN CLIMBER

Start in high plank
Tuck knee under body toward arm, slowly return and alternate



BENT KNEE CALF RAISE

Stand on one foot (knee bent)
Raise up onto toes slowly
Pause at the top and lower back down slowly



12 WEEK CHALLENGE COMPLETE

CONGRATULATIONS! YOU HAVE COMPLETED YOUR
ZERO-TO-HERO RUNNING PROGRAM



WHAT TO DO NOW

- This is completely up to you dependant on how much you want to run and what you would like to do with your running
- You can continue to consolidate your running at the 5km distance
- You can take part in our next running program which is the 5km - 10km running program
- You may choose to work on specific aspects of your running including strength/stability, running technique, speed/power.