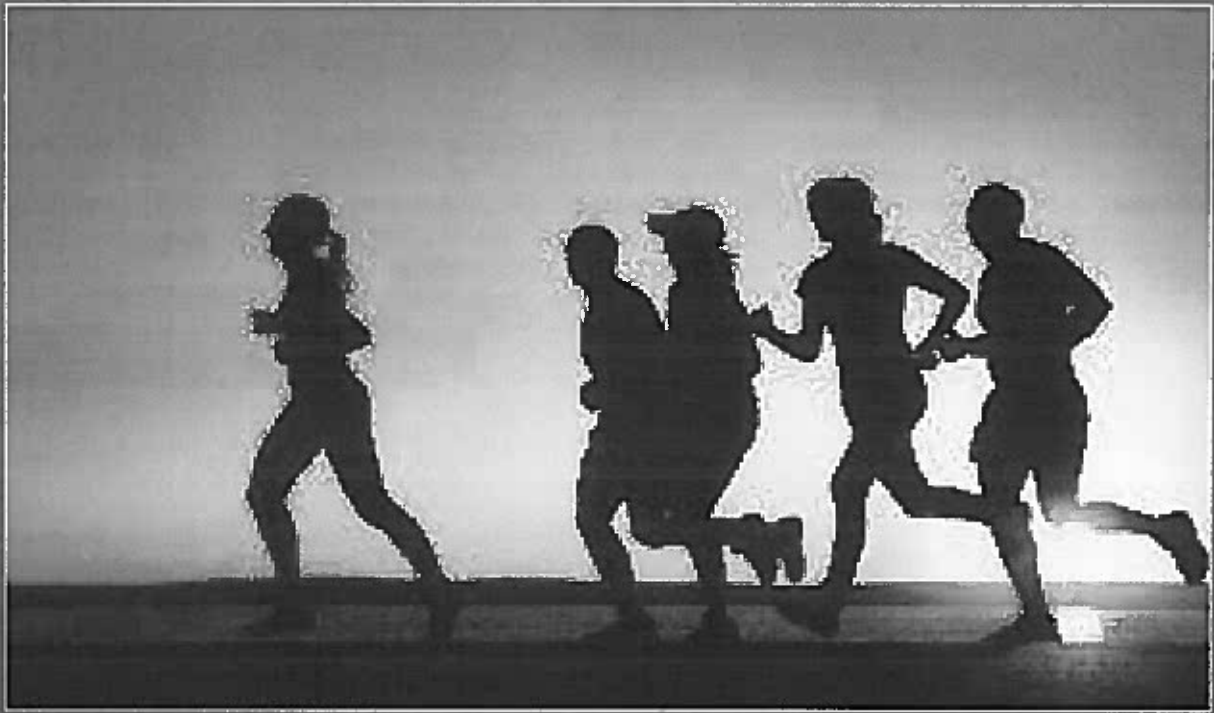


COUCH TO 5K (C-2-5K) 2018



Induction and Training Log Book



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www.nics-ac.com

Beginner 5km programme

This running programme is for you if you'd like to run 5km as part of an organised run or simply to challenge yourself. It's a great way to get started if you're not a regular runner and even if you have never run before or don't have an event in mind, it will help you increase your fitness. It assumes you can run 5k. The training plan is based on time and not distance.


One kilometre is approximately 0.6 miles.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run 1 min, walk 2 mins. Repeat 6 times	Rest	Run 1 min, walk 2 mins. Repeat 6 times	Rest	Rest	Run 1 min, walk 1 min. Repeat 10 times.	Rest <u>ZZZZZ</u>
Week 2	Run 2 mins, walk 2 mins. Repeat 5 times.	Rest	Run 1 min, walk 1 min. Repeat 10 times.	Rest	Rest	Run 1 min, walk 1 min, R2-W2, R3-W2-R2-W2, R1-W1	Rest <u>ZZZZZ</u>
Week 3	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Run 3 mins, walk 2 mins. Repeat 5 times	Rest <u>ZZZZZ</u>
Week 4	Run 5 mins, walk 3 mins. Repeat 3 times	Rest	Run 5 mins, walk 3 mins. Repeat 3 times	Rest	Rest	Run 1 min, walk 1 min, R2-W2, R3-W2-R2-W2, R1-W1	Rest <u>ZZZZZ</u>
Week 5	Run 6 mins, walk 3 mins. Repeat 3 times	Rest	Run 6 mins, walk 3 mins. Repeat 3 times	Rest	Rest	Run 7 mins, walk 2 mins. Repeat 3 times	Rest <u>ZZZZZ</u>
Week 6	Run 7 mins, walk 2 mins. Repeat 3 times.	Rest	Run 7 mins, walk 2 mins. Repeat 3 times.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest <u>ZZZZZ</u>



Beginner 5km programme



Week 7	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Run 2k continuous (1.2 miles)	Rest	Rest	Run 10 mins, walk 2 mins. Repeat 2 times.	Rest
Week 8	Run 10 mins, walk 2 mins. Repeat 2 times.	Rest	Run 2k continuous (1.2 miles)	Rest	Rest	Run 12 mins, walk 2 mins. Repeat 2 times	Rest
Week 9	Run 12 mins, walk 2 mins. Repeat 2 times	Rest	Run 3k continuous (1.8 miles)	Rest	Rest	Run 13 mins, walk 2 mins. Repeat 2 times	Rest
Week 10	Run 13 mins, walk 2 mins. Repeat 2 times	Rest	Run 3.5k continuous (2.1 miles)	Rest	Rest	Run 15 mins, walk 3 mins. Repeat 2 times	Rest
Week 11	Run 15 mins, walk 3 mins. Repeat 2 times	Rest	Run 4k continuous (2.4 miles)	Rest	Rest	Run 15 mins, walk 2 mins. Repeat 2 times	Rest
Week 12	Run 4.5k continuous (2.7 miles)	Rest	Run 3-4k continuous	Rest	Rest	5k parkrun 	Rest



C-2-5K RUNNING LOG



WEEK NO		WEEK COMMENCING					
Day & Date	Walk Time	Run Time	Total Time on feet	Course and Surface	Weather	Other Training	Comments

WEEK TOTAL		OTHER TRAINING	OVERALL COMMENTS
Jog	Walk	*Swimming, Tennis etc	

WEEK NO		WEEK COMMENCING					
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WEEK TOTAL		OTHER TRAINING	OVERALL COMMENTS
Jog	Walk	*Swimming, Tennis etc	



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C-2-5K RUNNING LOG



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Day & Date	Walk Time	Run Time	Total Time on feet	Course and Surface	Weather	Other Training	Comments

WEEK TOTAL		OTHER TRAINING	OVERALL COMMENTS
Jog	Walk	*Swimming, Tennis etc	

WEEK NO		WEEK COMMENCING					
Day & Date	Walk Time	Run Time	Total Time on feet	Course and Surface	Weather	Other Training	Comments

WEEK TOTAL		OTHER TRAINING	OVERALL COMMENTS
Jog	Walk	*Swimming, Tennis etc	



C-2-5K RUNNING LOG

WEEK NO		WEEK COMMENCING					
Day & Date	Walk Time	Run Time	Total Time on feet	Course and Surface	Weather	Other Training	Comments

WEEK TOTAL		OTHER TRAINING	OVERALL COMMENTS
Jog	Walk	*Swimming, Tennis etc	

WEEK NO		WEEK COMMENCING					
Day & Date	Walk Time	Run Time	Total Time on feet	Course and Surface	Weather	Other Training	Comments

WEEK TOTAL		OTHER TRAINING	OVERALL COMMENTS
Jog	Walk	*Swimming, Tennis etc	



NORTHERN IRELAND CIVIL SERVICE ATHLETICS CLUB

FACTSHEET

1. BACKGROUND - The NI Civil Service Athletics Club (NICSAC) was founded in 1995 and its objectives continue to be to encourage and promote:

- the health, fitness and wellbeing of public servants through running activities;
- establishing a running presence in the NI running community through participation in, and organisation of, running events; and
- representing the NI Civil Service and its Sports Association at wider UK CSSC running events and international marathons.

The NICSAC is managed by a management committee under a constitution and is open to all public or civil servants who are members of the NI Civil Service Sports Association (NICSSA). It has an AGM open to all and held in the Pavilion Stormont in March. The Club is a 'closed club' or works club and welcomes membership at all levels of running including beginners and family members. The Club is Affiliated to AthleticsNI which is the governing body for running in Northern Ireland (web a useful source of fixtures and runs).

2. EVENTS – NICSAC organises a number of events and competitions every year and details of these can be found on the Club web site nics-ac.com or its Facebook page. The main events are a Cross Country in February and a Marathon Relay competition on the back of the Belfast Marathon in May. In addition it has recently put a Couch to 5k programme in place and this is planned to continue. Further afield, it organises a trip abroad every year with a choice of distance runs - usually from marathon to 10k.

Club members are also involved in the organisation and support of other running events in NI.

3 ADVANTAGES – The advantage of joining the NICS Athletics club are many. For Example it:-

- is an all ability club and gives you the opportunity to link with others for running – especially at lunchtime;



NORTHERN IRELAND CIVIL SERVICE ATHLETICS CLUB


- has a modest fee of £10 per year or £20 if you also wish to become a registered Athlete with AthleticsNI (compared to normal £50-70 club fees - see club website for full details);
- provides 'Club Gear' as part of the membership package every year;
- provides club colours to run in;
- gives access to NICSAC competitions and events;
- organises social running trips abroad;
- has a beginners Couch to 5k programme;
- has a 'New Horizons' programme - 5k to 10k;
- gives access to advice on all aspects of running;
- is affiliated to AthleticsNI;
- has a Christmas Dinner and prize giving in the Pavilion; and
- an annual AGM for all members to express their views.

4. HOW TO JOIN – becoming a member of the NICS Athletics Club is easy and all it takes is to request a membership form from the Secretary mary.robbs@communities-ni.gsi.gov.uk or download from the Club Details section of our Website. They can also be obtained and fees paid at the Annual General Meeting in March - start of a new club year. The Constitution of the Club can also be emailed on request to provide information on different types of membership and club details. Further enquiries regarding this factsheet or general questions can be sent to: communications@nics-ac.com.


RUNNING SHOE GUIDE - What Is Pronation, and Why Does It Matter?

Pronation is part of the natural movement of the human body and refers to the way your foot rolls inward for impact distribution upon landing. Understanding your pronation type can help you find a comfortable running shoe. There are largely three types of footstrike (how your foot hits the ground)


1. **Underpronators (supinators)** - need a lot of cushioning to avoid impact injuries Neutral pronators can wear a wide variety of shoes Overpronators should look for support or structured cushioning shoes
2. **Neutral pronators** - can wear a wide variety of shoes
3. **Overpronators** - should look for support or structured cushioning shoes



Underpronation - How Your Foot Contacts the Ground: outer side of the heel hits the ground at an increased angle with little or no normal pronation, causing a large transmission of shock through the lower leg. Push Off: pressure on smaller toes on outside of foot. Foot type: high arches.



Neutral - How Your Foot Contacts the Ground: foot lands on outside of the heel, then rolls inward (pronates) to absorb shock and support body weight. Push Off: even distribution from the front of the foot. Foot Type: normal-size arches



Overpronation - How Your Foot Contacts the Ground: foot lands on outside of heel, then rolls inward (pronates) excessively, transferring weight to inner edge instead of ball of the foot. Push Off: big toe and second toe do majority of the work. Foot Type: low arches or flat feet

THE WET TEST

Dip the bottom of your foot in water, step straight onto a brown paper bag, and match the imprint with the arch types below.

➤ **HIGH, RIGID ARCHES**
need more impact protection
and are best suited to
neutral-cushioned shoes.



➤ **NORMAL ARCH**
runners can wear shoes
from all categories,
depending on their weight.



➤ **LOW, FLEXIBLE ARCHES**
are often found on
overpronating runners. They
should wear stability or
motion-control shoes.





Intermediate 5km programme

This programme is for you if you have already done a 5km (3 mile) race and would like to improve your time.

1km is equivalent to 0.6 miles. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	3 miles (6km) long run
Week 2	Rest	20 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	4 miles (6km) long run
Week 3	Rest	20 to 30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	4 miles (6km) long run
Week 4	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	5 miles (8km) long run
Week 5	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	6 miles (10km) long run
Week 6	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	30 mins speed	Rest	6 miles (10km) long run
Week 7	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins speed	Rest	6 miles (10km) long run
Week 8	Rest	30 mins easy	30 mins tempo <i>(including 5 mins warm up and cool down)</i>	Rest	20 mins easy	Rest	5 km RACE

