

OOPS,
gotta RUN!



“Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle... when the sun comes up, you'd better be running.” (author unknown)

Are you a gazelle or a lion?

This is a multiple choice question. And the choices do not include “coach potato” or even “tree sloth”. You were born to run! It’s just that with the pressure of cranking out the billable hours, sitting hour after hour in your chair (ergonomically designed or not) and hunched over your computer keyboard (ergonomically designed or not) or attending interminable meetings with partners and clients (ergonomically designed or not...) YOU HAVE FORGOTTEN! Well, we’re here to remind you of the fact, and to help you find the “animal within”, be it the gazelle or the lion!

And to give you a little push, we’ve even come up with a realizable goal, the “AIJA 2010 Lawyers Running in the Park!

The training table below uses Jeff Galloway’s famous “run-walk-run” training method. Jeff was an average high school runner who learned, trained hard and made the US Olympic team in 1972. His most satisfying moment, however, was pacing his teammate, Jack Bachelor, through the Olympic Trials Marathon and dropping back at the finish line so that Jack could take the final qualifying spot on the team. Since then, the driving force of Jeff’s life has been helping others to enjoy the experience of running and the achievement of finishing a challenging event.

This training method works so well because it allows you to increase your level of fitness and endurance in a gentle but progressive manner, that notably reduces the possibility of experiencing aches and pains while increasing the certainty that you will enjoy your running!

This ten-week training programme includes three training days and four rest days per week. The rest days are very important because they allow you to make the most of your training days – don't give in to the temptation to add more training days! Likewise, the walk breaks allow you to run well when it is time to run. Looking at the programme, you will see that you will be improving your level of endurance in two ways. First, little by little you will increase the length of time for which you run without taking a break (beginning with 1 minute running and 1 minute walking, you will work towards the goal of running continuously for 30 minutes). Also, little by little you will increase the total time of your training (from 30 minutes to a goal of 45 minutes). Each training session should begin with five minutes of walking, first gently and then more vigorously, to warm up your muscles and joints.

| Week | Mon. | Tuesday | Wed | Thursday | Fri. | Saturday | Sun. |
|------|------|--|------|--------------------------|------|--------------------------------------|------|
| -10 | Rest | Alternate 1 minute running and 1 minute walking for 30 minutes ("1+1") | Rest | 30 minutes with 1+1 | Rest | 30 minutes with 1+1 | Rest |
| -9 | Rest | Alternate 2 minutes running and 1 minute walking for 30 minutes ("2+1") | Rest | 30 minutes with 2+1 | Rest | 30 minutes with 2+1 | Rest |
| -8 | Rest | Alternate 3 minutes running and 1 minute walking for 32 minutes ("3+1") | Rest | 32 minutes with 3+1 | Rest | 32 minutes with 3+1 | Rest |
| -7 | Rest | Alternate 5 minutes running and 1 minute walking for 36 minutes ("5+1") | Rest | 36 minutes with 5+1 | Rest | 36 minutes with 5+1 | Rest |
| -6 | Rest | Alternate 8 minutes running and 1 minute walking for 36 minutes ("8+1") | Rest | 36 minutes with 8+1 | Rest | 36 minutes with 8+1 | Rest |
| -5 | Rest | Alternate 12 minutes running and 1 minute walking for 39 minutes ("12+1") | Rest | 39 minutes with 12+1 | Rest | 39 minutes with 12+1 | Rest |
| -4 | Rest | Run for 40 minutes, with 1 minute walking after every 15 minutes of running ("15+1") | Rest | 40 minutes with 15+1 | Rest | 40 minutes with 15+1 | Rest |
| -3 | Rest | Run for 40 minutes, with 1 minute walking after every 18 minutes of walking ("18+1") | Rest | 40 minutes with 18+1 | Rest | 40 minutes with 18+1 | Rest |
| -2 | Rest | Run for 45 minutes, with 1 minute walking after every 18 minutes of walking ("18+1") | Rest | 45 minutes with 18+1 | Rest | 45 minutes with 18+1 | Rest |
| -1 | Rest | 30 minute continuous run | Rest | 30 minute continuous run | Rest | Lawyer's Running in the Park! | Rest |

If you have any questions during your training, please don't hesitate to be in touch! We can be easily reached at runwalkrun@oopsgottarun.com