

# RUNNING

## Programme

### Physical section



**Running is a hugely popular form of exercise, and a major spectator event at the Commonwealth Games – and you can do it for your DofE!**

Regular running or jogging offers many health benefits, such as:

- helping to build strong bones;
- strengthening muscles;
- improving cardiovascular fitness;
- helping maintain a healthy weight.

Running can easily be done in your local area, maybe a park or by a nature reserve, or even at your DofE centre if you have enough space.

Before you start, think about what you want to achieve from running or jogging and set your goals – but remember, don't be disappointed if you don't fully achieve them. The most important part is that you put in the effort and try your best!

Jogging and running are forms of aerobic exercise.

If you are just starting out, you might want to start slow with brisk walking, you can then progress to jogging and work up to running. It also adds stress on your ankles and knees, so speak to a specialist if you have any weaknesses there. You may be able to wear certain supports and adapt your programme to suit.

Remember, you need to commit an average of an hour per week to your Physical activity – however that doesn't need to be an hour all in one go, particularly if you are a beginner. You don't want to overstretch yourself and cause an injury.

You can split those 60 minutes into segments to be done over the week, for example 4x 15 minutes, 3x 20 minutes, 2x 30 minutes. Whatever works best for you. If you choose to do more than the required 60 minutes for your sectional activity a week – that's amazing, keep it up!



**YOUTH  
WITHOUT  
LIMITS**



**DofE.org**

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## Physical section

There are lots of resources online that will support you to complete your activity by suggesting a schedule or plan to follow. Depending on your level of experience, how long you are going to do your section, and what your goals are might depend which resources you use – or you could just create your own, whatever works for you!

- None to Run  
[www.nonetorun.com](http://www.nonetorun.com)
- Couch to 5k  
[nhs.uk/live-well/exercise/couch-to-5k-week-by-week](http://nhs.uk/live-well/exercise/couch-to-5k-week-by-week)
- Couch to 10k  
[marathonhandbook.com/couch-to-10k-training-plan](http://marathonhandbook.com/couch-to-10k-training-plan)
- 5k to 10k  
[bupa.co.uk/health-information/exercise-fitness/running-programme-10km](http://bupa.co.uk/health-information/exercise-fitness/running-programme-10km)
- 10k to half-marathon  
[runnersworld.com/uk/training/half-marathon/a764179/half-marathon-training-plans](http://runnersworld.com/uk/training/half-marathon/a764179/half-marathon-training-plans)

## Getting involved with others

Running doesn't have to be a solo activity. Maybe you have other friends doing DofE who would like to run with you? You could perhaps find a local running club, see where your nearest ParkRun event is held, or run with your family?

## Evidence

Record your activities on a programme log. You can use the one below or create your own. You can also track your exercise on a smart watch app or on Strava and upload screenshots to eDofE.

Show how you've progressed either in speed/duration etc. Be proud of yourself!



# RUNNING: Programme

## Programme log

Print this page to fill in for your evidence.

Week no.	Date(s)	Activities	Time spent
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			
Week 13			

Personal review or comments on progress:

Repeat x2 for 6-month section. Repeat x4 for 12-month section.