

# Training programme

## Running - beginner

Most people know that running is one of the most effective ways of training. And many think that they should run once in a while – but do not feel like it. But running is actually fun and healthy, once you get started. Often it only requires some motivation – that is why we developed some running programmes that can help you start up. The programmes will help you make fast progress.

This programme is for beginners. After the 12 week programme, you will be able to run 15 km.

Make sure that you have a good pair of running shoes

Try to run on trails and grass as often as you can and try to avoid running on asphalt as much as possible. Your joints will be grateful!

*Maxim training programmes are developed by Mette Bloch, former Danish elite rower and world champion.*



**Week 1**

Saturday: walk 1 min. Run at a moderate pace for 6 min. Have a short break. Turn around and repeat on your way back.

Sunday: day off

Monday: walk for half an hour

Tuesday: walk 2 min at a calm pace. Run 7 minutes. Have a short break. Turn around and repeat on your way back.

Wednesday: walk 2 min at a calm pace. Run 6-7 minutes. Turn around and walk all the way back.

Thursday: have a day off, or take a short walk at a calm pace.

Friday: walk 2 min at a calm pace. Run 7 minutes. Have a short break. Turn around and repeat on your way back.



Maxim Energy Bar

**Week 2**

Saturday: take a walk for at least 30 minutes at a brisk pace.

Sunday: walk 2 minutes. Run 8 minutes. Turn around. Walk 2 minutes and run 8 minutes.

Monday: day off; you deserve it!

Tuesday: walk 1 min. Run 9 minutes. Short break. Turn around and run 9 minutes. Walk the last bit.

Wednesday: take a 45 min walk at a brisk pace.

Thursday: walk 1 min at a calm pace. Run 9 minutes. Turn around and repeat.

Friday: day off. Another week has passed by.



Maxim Energy + Restitution

**Week 3**

Saturday: take an easy walk – decide yourself for how long

Sunday: walk 5 min – run 5 minutes. Turn around, run 7 minutes and walk the rest of the way back.

Monday: day off.

Tuesday: walk 4 min. Run 6 minutes, turn around and run 8 minutes. Walk the rest of the way back.

Wednesday: day off. Relax COMPLETELY!

Thursday: take a 40 min walk.

Friday: walk 3 min. Run 8 minutes at jogging pace. Turn around and run 7 minutes. Walk the rest of the way back.



Maxim Bottles

**Week 4**

Saturday: walk 2 min. Run 11 minutes. Have a small break. Turn around, run 11 minutes and walk 2 minutes.  
Sunday: walk 1 min. Run 11 minutes. Have a 30 sec break. Turn around, run 11 minutes and walk 1 minute.  
Monday: day off.  
Tuesday: walk 1 min. Run 10 minutes. Walk 2 minutes and run 10 minutes again. Walk back.  
Wednesday: day off.  
Thursday: take a walking tour of max 30 minutes.  
Friday: run 24 minutes at a calm pace. Turn around and walk back at an easy pace.



Maxim Running Belt

**Week 5**

Saturday: day off, completely free of running.  
Sunday: run 13 minutes. Turn around – no break – and run 13 minutes back again.  
Monday: take a 30 min walk.  
Tuesday: run 14 minutes. Turn around and run 14 min back again at a calm pace.  
Wednesday: day off.  
Thursday: run 20 min at an easy pace. Turn around and alternate between running and walking.  
Friday: relax!!!



Maxim Energy Drink

**Week 6**

Saturday: run 17 minutes. Turn around – no break – and run 17 min back.  
Sunday: take a 30 min walk at jogging pace.  
Monday: run 18 minutes. Turn around and run 18 minutes back, without a break.  
Tuesday: day off, rest as much as possible.  
Wednesday: take a walk for 30-60 minutes.  
Thursday: take a small run at an easy (jogging) pace.  
Friday: find a 7,5 km round and run it. Well done!



Maxim Active Hydration

**Week 7**

Saturday: relax and enjoy yesterday's performance.  
Sunday: run for 25 min, easy and relaxed.  
Monday: day off, take a walk if you want to.  
Tuesday: run your 7,5 km round and switch speeds regularly.  
Wednesday: walk 45 minutes.  
Thursday: relax and load up energy for tomorrow!  
Friday: run your 7,5 km round and run 5 minutes longer after that. Turn around and run the 5 minutes back again.



Maxim Recovery Bar

**Week 8**

Saturday: day off. Well done yesterday!  
Sunday: go for a walk, 30 minutes or more.  
Monday: run 35 minutes. Use intervals, 5 x 1 min at a fast pace, jog in between.  
Tuesday: day off, you deserve it!  
Wednesday: walk the 7,5 km round. Run 10 minutes extra in 1 direction after your round. Walk back.  
Thursday: take a 60 min walk.  
Friday: take an easy run for 35 minutes.

Maxim Energy Drink



**Week 9**

Saturday: day off, have a good time and relax.  
Sunday: run the 7,5 km round + 7 more minutes. Turn around and walk back.  
Monday: take a 30 min walk.  
Tuesday: day off. Tomorrow will be a tough day!  
Wednesday: run the 7,5 km round with tempo changes every minute.  
Thursday: day off, enjoy yesterday's achievement!  
Friday: take a jogging tour for 40 minutes

Maxim Carbo Cake



**Week 10**

Saturday: day off. Today it is forbidden to exercise at all.  
Sunday: run the 7,5 km round + 10 minutes extra. Turn around and walk home.  
Monday: day off.  
Tuesday: take a 30 min walk.  
Wednesday: run intervals (you can choose the lengths and amount) for 40 minutes.  
Thursday: day off. Relax completely and get some massage for your legs, they need it!  
Friday: run 50 minutes at a very calm pace (25 minutes and turn back again).



Maxim Energy Gel

**Week 11**

Saturday: day off.  
Sunday: take a 30 min walk  
Monday: run intervals for 30 min. 30 s fast, 90 s calm.  
Tuesday: day off  
Wednesday: take a 45 min walk.  
Thursday: run your 7,5 km round. Do fartlek and change speed, up and down every second minute.  
Friday: have a 30 min restitution run, e.g. TAKE IT EASY



Maxim Energy Drink

**Week 12**

Saturday: day off. You will reach your goal soon.  
Sunday: take a 30 min walk.  
Monday: run intervals for 40 minutes. 1 minute fast, 2 minutes calm.  
Tuesday: day off.  
Wednesday: walk 30 min at a brisk pace.  
Thursday: walk a small round. Tomorrow you will face your ultimate test.  
Friday: run your 7,5 km round twice without a break.  
Congratulations, you can now run 15 km!!

Maxim Energy Gel

