

## Moving Your Way Through The MENOPAUSE



### Non-Runner to 5k.

#### Outline of the Programme

Starting off gradually this programme is designed to take a complete beginner to a 5k race. The key is starting slowly and not worrying about your pace. If you're finding it hard to keep going for the allotted time, slow your pace down.

Week	5k Programme
1	1 min run 4 min walk
2	2 min run 3 min walk
3	5 min run 5 min walk
4	5 min run 5 min walk
5	10 min run 5 min walk
6	10 min run 5 min walk
7	15 min run 5 min walk
8	20 min run
9	30 min run
10	5k

Each loop is repeated several times depending on the length of the loop (aim for a 10- minute walking warm up then a minimum of 20 minutes run/walk, followed by 5-10-minute cool down). If possible, we recommend running twice a week for the 5k programme. We also recommend you include some resistance exercises to strengthen legs and core muscles which help as you progress your distance (see next page).

Always remember to stretch all major muscles used including: Calf muscles, Hamstrings, Quadriceps, Core abdominal muscles.

*\*Not all exercises are suitable for everyone. Before attempting any new exercise programme take into account factors such as flexibility, strength and overall health to determine or not whether an exercise is appropriate for you.*

*\*This programme, like any exercise programme, is inherently dangerous and can result in personal injury. Any injury sustained from proper or improper use of this exercise programme is solely the responsibility of the exerciser. The Menopause Club disclaims any liability from injury sustained by the use of this programme and suggests you consult your GP before attempting any exercise programme.*

## Resistance Exercises

### The Squat

1. Stand with feet shoulder-width apart
2. Slowly lower your body as though you are 'sitting' in a chair until your thighs are parallel with the ground.
3. Keeping the weight in your heels, push yourself up slowly until you're back where you started.

#### **Key points:**

- Don't allow your knees to extend over your toes
- Keep your abs contracted and the torso upright
- Do this exercise 2-3 times a week for 1-3 sets of 8-12 reps.

### The Lunge

1. Stand in a split stance with one leg forward and one leg back, holding weights if desire.
2. Slowly bend the knees, lowering into a lunge while keeping the front knee and back knee at 90 degree angles.
3. Keeping the weight in your heels, push back up to starting position.

#### **Key points:**

- Avoid locking the knees at the top of the movement
- Keep your front knee behind the toe as you lunge (you should be able to look down and see your toe)
- Keep your abs engaged and the torso upright
- Do this exercise 2-3 times per week for 1-3 sets of 8-12 reps.

### The Plank

1. Lie face down on mat resting on the forearms, palms flat on the floor.
2. Push off the floor, raising up onto toes and resting on the elbows. (Lower to knees if required)
3. Keep your back flat, in a straight line from head to heels.
4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle and hold.

#### **Key points:**

- Keep your head straight
- Keep your breathing steady
- Keep your abs engaged
- Hold for 20 to 30 seconds, lower and repeat for up to 3 reps.