

Lydiard™

|||FIRSTSTEPS

Beginners Running Course

Igniting Life-long Fitness & Vitality



LYDIARD FOUNDATION HEADQUARTERS

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*Never trained before?
Starting Over?
Can't run 15 minutes comfortably?
Not sure?*

Take this simple test: Go out the door and jog.

Time yourself. How long can you go without stopping?

*If you can't run for fifteen minutes without having to stop and catch your breath, then ... **First Steps is for you!***

First Steps

Training Schedule

is designed to safely take you from ZERO to a minimum of 15-20 minutes of continuous running in 8 weeks without getting injured or worn out.

First Steps is for those in reasonably good health who wish to follow a simple, sound program that has stood the test of time with hundreds of thousands of people of all ages shapes and sizes. This training method is the most effective, easiest and safest way of getting in shape, long-term, bar none!

Utilizing training methods developed by the greatest long distance coach of the 20th century, Arthur Lydiard, **First Steps'** basic running principles are the same as those used by Olympic endurance athletes the world over. This same program inspired the Running Revolution that took America by storm in the 1970's, and set the whole world running.

Students are taken through an easy progression of "walk/jog/run". Using the classic cycle of Intervals, this unique training method alternates running and walking while integrating the basic **Lydiard™ Principle of Adaptation** to balance the program's workout days with subsequent recovery days.

Get on the road to fitness. All it takes is 25 minutes three times per week.

The Importance of Establishing a Solid Foundation

It is essential to understand that we are all individuals.

What may take one person 4 weeks may take less or more for another.

The most important thing to understand is your own unique physiology



Many of today's programs are geared towards enabling beginners to finish a marathon on minimal conditioning. To achieve this, lots of walking breaks are included, and/or the weekly long runs are often increased linearly without consideration to one's response.

Most beginners can "survive" the marathon in 5 to 7 hours after 3 or 4 months of training using a walk/run approach. However, without systematically building a base of both cardiovascular and neuromuscular developments, the chance of getting injured, fatigued, or mentally burnt out is greatly increased.

The **Lydiard™ System** safely develops the ability to continuously compete at an efficient pace while setting the runner up for a lifetime of improvement and enjoyable running.

First Steps is a long-term approach that has proven to be more enjoyable, safer, and ultimately yields superior results.

As long as you follow the ...

5 Lydiard™ Principles

and adjust your running schedule according to how you are responding, you WILL improve your fitness.

These principles are:

- 1** **Maximize Your Aerobic Capacity** – First and foremost, teach your body to utilize oxygen and produce energy at its optimal level. This is called **Building Your Base**. Slow and easy does it!
- 2** **Feeling-Based Activity** – Learn to tune into your body signals and become proficient at reading your optimal effort at any time. Body rapport is essential for good training.
- 3** **Response-Regulated Recovery** – Recovery is the equal partner of activity. It is during the recuperative phase, not the activity, that your body makes its adaptations and gets fitter.
- 4** **Sequential Development of Energy Systems** – Endurance, strength, anaerobic development, pace and speed are developed in sequence. Each phase of training builds upon the one before. When the endurance base is insufficiently developed, your pace will ultimately suffer.
- 5** **Correct Timing** – There is an optimal time for each work-out. What might seem to be a silver bullet workout, done at the wrong time can have a completely opposite effect of that which you are seeking.

The Pattern

Space your workouts over the week

Begin by running 3 days a week.

These training days can be any day of the week. However, make certain to include a recovery day(s) after a workout day to ensure your body has adapted and recovered from the previous workout.

Day 3 is designed to be a slightly longer workout, so it is usually a good idea to plan it for a weekend day, Saturday or Sunday.

It is recommended, though not essential, that **Day 1** and **Day 2** be followed by a rest day and **Day 3** be followed by two rest days.

Recommended Workout Days:

Tuesday, Thursday, Saturday or Wednesday, Friday, Sunday. Avoid stringing all your workout days together.

Recovery Days:

Rest or engage in easy aerobic activity that does NOT require recovery. e.g. yoga, recreational biking or swimming, walking etc.



The Workouts

3 Times a week:

Warm-up 3 to 5 minutes

Jog 1 to 4 min. & Walk 1 to 4 min
Repeat Jog/Walk 3x each workout

Cool down 3 to 5 minutes

That's it! Your first workouts are only 15 minutes in length.

Always begin with a quick, brisk walk warm-up (3 to 5 minutes), and always finish with a cool-down brisk walk of the same length (3 to 5 minutes).

As the weeks go by, you will gradually lengthen the jogging segment from 1 minute to 4 minutes while decreasing the length of the walking segment by the same amount.

Each new week, you will go back to the easy workout, usually on **Day 2**, to give your body a chance to recover from the increased workload.

On Day 3 you get to gradually stretch the envelope by increasing the distance.

Stage 1

Getting Started

4 Weeks

WEEK	DAY 1	DAY 3	DAY 5
1	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 3 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 3 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 3 min.</p>
	<p>WARM-UP with a brisk Walk for 4 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 4 min.</p>	<p>WARM-UP with a brisk Walk for 4 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 4 min.</p>	<p>WARM-UP with a brisk Walk for 4 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 4 min.</p>
	<p>WARM-UP with a brisk Walk for 5 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 5 min.</p>	<p>WARM-UP with a brisk Walk for 5 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 5 min.</p>	<p>WARM-UP with a brisk Walk for 5 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 5 min.</p>
	<p>WARM-UP with a brisk Walk for 5 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 5 min.</p>	<p>WARM-UP with a brisk Walk for 5 min.</p> <p>WORK-OUT Jog 2 min. Walk 3 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 5 min.</p>	<p>WARM-UP with a brisk Walk for 5 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 3 times for a total of 15 min.</p> <p>COOL-DOWN with a brisk walk for 5 min.</p>

DAY 2
R
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DAY 4
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DAY 6 & 7
R
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Stage 2

Moving Right Along ...

Continuous Running

Your goal during this stage is to increase the length of **CONTINUOUS RUNNING** within the span of a 20~30 minutes period. The continuous running is increased while the walking breaks are decreased. A 10 minute continuous run is introduced on **Day 3** and by the end of the month you will be running 20 minutes without stopping. Do not be daunted, your aerobic system is very quickly responsive and you will find that once you run the distance a few times it will quickly become a piece of cake.

Phasing Out Walking Breaks

Taking walking breaks is a great way to cover greater distance/duration than you've ever done before, physically as well as mentally. However, it is the continued effort that brings about cardiac pressure to develop your aerobic capacity and your general fitness level. It is surprising how quickly your heart rate comes down during your walking break. What is more surprising is how quickly you become conditioned making the walking breaks less and less physically necessary. Do not allow the walking breaks to be a mental crutch – the sooner you do away with them, the faster you will progress. Once you have given up walking breaks they will quickly become an annoyance if for some reason you have to walk during your run!

Time on Your Feet

Pay a close attention to your pacing. If you are slowing down toward the end of the continuous run, **SLOW DOWN THE OVERALL PACE.**

It is important to increase the total duration of time spent on your feet. By running faster than your level of fitness can handle, you may jeopardize fulfilling this purpose. Don't let anybody fool you that you can be better off doing faster for less time.

Stage 2

Moving Right Along 4 Weeks

WEEK	DAY 1	DAY 3	DAY 5
5	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Repeat 4 times for a total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 4 times for a total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Followed by 10 min. jog Walk 1 min. Jog 4 min. Total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>
6	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Repeat 4 times for a Total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 3 min. Walk 2 min. Repeat 4 times for a Total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Followed by 15 min. jog Walk 1 min. Jog 4 min. Total of 25 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>
7	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Followed by 10 min. jog Walk 1 min. Jog 4 min. Total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Repeat 4 times for a Total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Followed by 10 min. jog Take 1 min. walk break Followed by 10 min. jog Walk 1 min. Jog 4 min. Total of 31 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>
8	<p>WARM-UP with a brisk walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Followed by 10-15 min. jog Walk 1 min. Jog 4 min. Total of 20-25 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Repeat 4 times for a Total of 20 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>	<p>WARM-UP with a brisk Walk for 3 min.</p> <p>WORK-OUT Jog 4 min. Walk 1 min. Followed by 20 min. Jog Walk 1 min. Jog 4 min. Total of 30 min.</p> <p>COOL-DOWN with a brisk walk for 2 min.</p>

DAY 2
Recovery

DAY 4
Recovery

DAY 6 & 7
Recovery

Common FAQ

for All Beginning Runners

Q: How Often Do I Need to Exercise?

Three times a week is the recommended minimum amount of exercise to improve fitness for a beginner. It is best to start conservatively when establishing a new fitness routine.

Q: I Have Started Exercise Programs Before But Didn't Last. How Do I Stick To It?

It has been said that the hardest part of any running program is turning the doorknob. It takes a minimum of 3 weeks for a new habit to form and for your physiology to kick in. When this happens, your body will not only expect—it but it will relish it. The first 4 weeks of this program are designed to be gentle, allowing the process to take place. But no one can do it for you, it is up to you to make the commitment to yourself. A few suggestions to strengthen your resolve: invest in a new pair of sneakers, a heart-rate monitor, or a running outfit of your liking. Find a running group, a training buddy, or a coach to cheer you on. Then take it one step at a time.

Q: Can I Do More Than The Schedule Says?

If after four weeks, you start to feel antsy and would like to do more, we recommend adding another day to the weekly schedule by repeating the easiest workout day on one of your rest days. Make sure, however, that you space your runs so that you FOLLOW YOUR INCREASED WORKOUT DAY WITH A REST DAY. The golden rule is: take as much recovery as needed to get the full benefit from your last workout.

IT IS ALWAYS BETTER TO DO LESS MORE OFTEN, than do too much at once. Avoid being a weekend warrior and overloading the body in one session. Let your pace come naturally.

Q: Can I Add Cross-Training On My Recovery Days?

It is okay to substitute these easy extra days with other forms of cross-training. However, if improving your running is the goal, it is advisable to run rather than to do cross-training. Running is unique in that you are pushing your entire body weight off the ground against gravity; unlike cycling or swimming where your body weight is supported. Not that these other activities are not good, but there are certain adaptations that you may not be able to achieve by doing other substitute activities. The truth of the fact is, you will recover more quickly if you include an extra easy day or two of running during the week.

FAQ Continued

Q: I'm Not Ready For Stage II – Can I Repeat Stage I?

Absolutely! If at any stage you feel like the schedule is pushing you along too quickly, DO NOT hesitate to repeat the previous week. There is not time limit on this program. Many beginners may benefit by repeating each week twice, making this a 2-month program.

There is no shame in progressing slowly. You may take twice as long to get to the same fitness level as somebody else, but you WILL eventually get there safely. If you force it, you will end up delaying your own progress by getting discouraged or injured. Stay the course at your own pace. Do whatever it takes for you.

Q: Should I use a Heart-Rate Monitor?

Heart-rate monitors are a useful feedback tool for beginners, especially for those runners who tend to do too much, too fast. By all means use your monitor, but treat it as you would training wheels on a bicycle – use it until you become proficient at reading your own body signals. The long-term success of your training program depends on your ability to be able to tune in to your physiology and gauge your effort so that it is exactly right for you.

FAQ Continued

The Heart Matters

Heart Rate is probably one of the most generally used methods to gauge fitness level improvement as well as the intensity of workload.

Heart Rate as a Fitness Improvement Indicator:

- Our heart is a muscle, just like any other muscles in our body. As you get fitter, your heart becomes bigger and stronger and, as the result, your Resting Heart Rate will decrease, pumping more blood with each stroke as well as total flow per minute.
- In order to compare, it should be recorded under the same condition at the same time of the day

Your Target Heart Rate



The old and simple way to calculate "Target Heart Rate" is: 220 minus your age. However, as we all know, some very fit old people can be in better shape than unfit youngsters. Therefore, your training background and your current state of fitness level should be factored into the formula.

This new formula takes your current fitness level (Resting Heart Rate) into account:

$(220 - \text{Age in Years} - \text{Resting Heart Rate}) \times 70\% + \text{Resting Heart Rate} = \text{The Heart Rate}$ (Women add 3)

Five beats above and below gives your range, e.g.:

Hanna is 30 and has a Resting Heart Rate of 70.
 $220 - 30 - 70 \times 70\% + 70 = 154 + 3 + 157$
Hanna's training HR range is between 152 -162.

Remember this is only a guideline.

How to check your Resting Heart Rate

- Turn hand palm side up.
- Place two fingers from your opposite hand in the groove between mid-wrist and the bone running along the thumb-side of your forearm.
- Lightly feel for your pulse from the radial artery.
- Count the "pulses" you feel in 60 seconds.
- If you are checking the pulse during the exercise, count the "pulses" you feel in 15 seconds immediately after you stop the exercise and multiple that number by four.
- This is "roughly" your heart rate in beats per minute

FAQ Continued

Q: How hard should I run to improve my fitness?

For the time being, take the word “hard” out of your vocabulary. The goal of the **Lydiard™ Program** is to get you started and to establish a fun, healthy routine. The “no pain, no gain” mentality has derailed more beginners than anything else. Go easy and your body will naturally improve by the mere fact that you are moving.

First and foremost, it is important to learn to run the distance continuously and comfortably without strain. Although it may not be immediately evident, many physiological changes are happening after just your first run.

The cardiovascular system develops much more quickly than your muscular system. While you may feel you are capable of running faster, the muscles, and particularly the joints and ligaments (which have lesser blood supply), need time to strengthen.

This program develops your entire body at a rate that minimizes the risk of injury, and sets you up to progress to faster paces for many years of enjoyable running and racing.

Q: I feel great when I start out my run, but quickly fizzle. What should I do?

“Slow down you move too fast.” Practice starting out slowly. When you go from the warm-up/walk to the run, do so gently. The secret to endurance is to go slowly at the beginning. Even if you feel that you can go faster, don't.

Q: What You Can Expect As You Progress?

As you get fitter, you should see the following:

1. You will be running further within the same duration of running time,
2. You will be coming to the same turn-around point in less time, or
3. You are reaching the turn-around point in the same time with a lower pulse-rate
4. You will be running faster (1 and 2) with the same pulse

So as you perform this simple test, you should look for these signs. If you don't see any of them; particularly if your pulse rate is elevated, it indicates that you are actually over-working – or trying too hard to meet the goal. Back off and take it easy.

LET THE PACE COME TO YOU!

You cannot, and should not, squeeze it out of yourself.

Golden Rules



- ▣ Train, don't strain!
- ▣ You can NEVER run too slowly. It's not the distance (duration) that stops you but the speed. If in doubt, do less.
- ▣ It is always safer to progress slowly than to push for quick results.
- ▣ If you feel you're struggling, repeat the previous week's schedule.
- ▣ Always listen to your body; not the predetermined schedule.
- ▣ Know that what you do today is laying a solid foundation for tomorrow.

Congratulations

Now that you are running continuously for approximately 20 minutes—3 times a week, you have completed the hardest part of the program and reached the base of the **Lydiard™ Training Pyramid**. From this point on, the fun begins as you build up to an hour of continuous running and make your first **Ascent to Peak Fitness**.

At www.RunningWizard.com, you can choose a specifically tailored **Lydiard™ Running Program** to continue your journey, whether your desire is to participate in long distance and marathon events, or to just maintain your personal fitness goals.

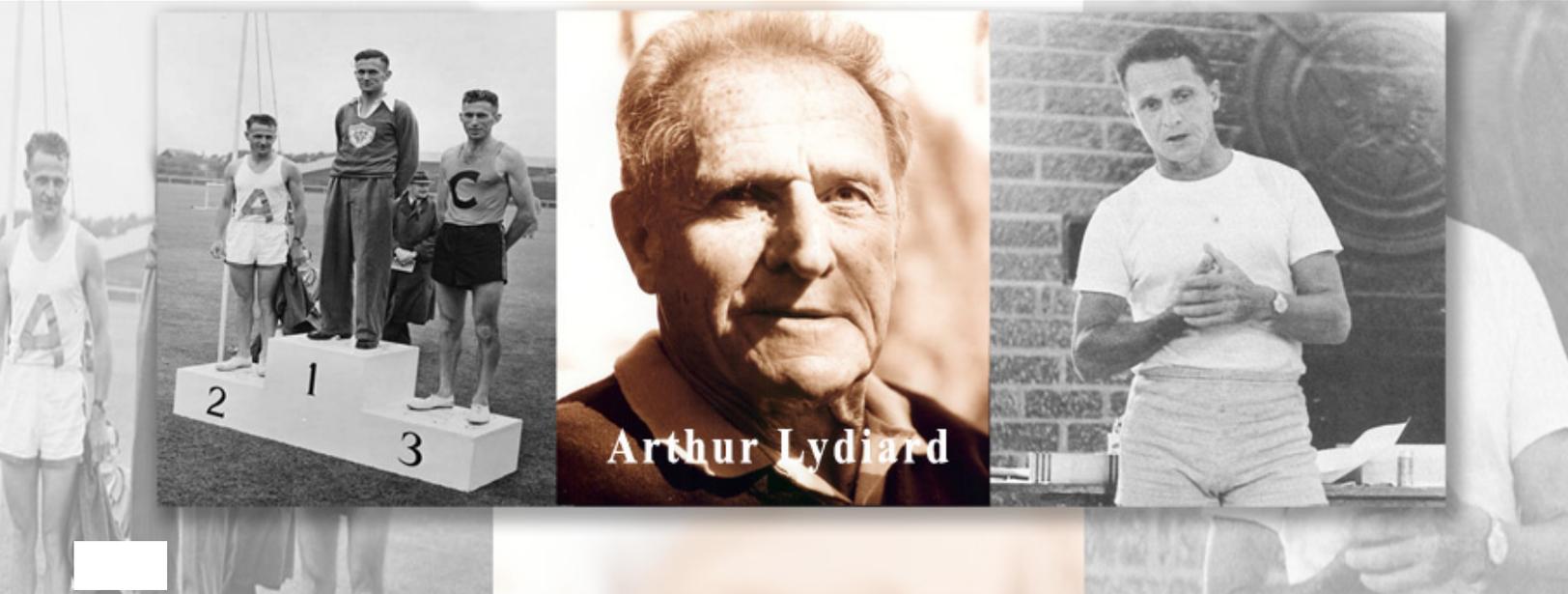
NO cookie-cutter training plans! All **Running Wizard Plans** are formulated to provide you with a personalized program detailing daily workouts that are specific to your goals, age, fitness level, and training preferences.



Choose Your Running Wizard Program:

1. **UP & RUNNING PLANS** take you to an hour of continuous running.
2. **UP & RACING PLANS** not only take you to an hour of continuous running, they support your first 5k or 10k race training.
3. **BUCKET LIST PLANS** take you to your first half marathon or full marathon.

About the Lydiard Foundation



Arthur Lydiard (1917-2004) was a legendary figure in the sport of running. A native of New Zealand, Lydiard was first a runner and later on a coach. His method of coaching and training helped transform the sport and is still widely used today. One of the great coaches of the world, Lydiard helped popularize running as the commonplace sport it is today.

Today, Lydiard's legacy lives on through the work of the **Lydiard Foundation**. Its principal instructors Nobuya "Nobby" Hashizume and Lorraine Moller worked closely with Lydiard himself for many years.

Lydiard™ is the most sophisticated training method ever developed and the most widely used system worldwide by both recreational runners and champions. The Foundation is a non-profit dedicated to sharing Arthur's expertise, joy and passion for the sport of running.

Our Coaching Certification, Running Wizard and Ron Dixon Kid's Marthon Programs provide practical application of **Lydiard™ Training Principles** inspiring athletes of all ages worldwide.

About the Lydiard Foundation



Lorraine Moller

President

Lorraine is a 4-time Olympian, Olympic bronze medalist, world track and field finalist, multiple Commonwealth Games track medalist, and winner of 16 major international marathons, including the Boston Marathon.

She holds the distinction of being the only woman to have run all of the 20th century Olympic marathons for women.

Lorraine's autobiography "On the Wings of Mercury", published in 2008, was launched by New Zealand's Prime Minister, Helen Clark, and became #2 on the New Zealand Best Seller List.



Nobuya Hashizume

Director of Coaching

Nobuya Hashizume, fondly known as "Nobby", first came across Arthur's book "Running the Lydiard™ Way" in 1978.

He was so impressed, he contacted Arthur Lydiard, relocated to New Zealand and for 12 months was personally trained by Arthur.

Master Coach and recreational runner, Nobby is dedicated to creating and refining the Lydiard™ Coaching courses to certify coaches who can carry on the Lydiard™ legacy and spread the training philosophy.

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