

Desk To 3K



Start your journey with our 8 week
Desk to 3K programme!

Introduction

The UofG Sport **Desk to 3K** is a programme that will help efficiently move you from minimal exercise to running 3km with ease in just eight weeks!

Featuring hints and tips, a warm-up routine and step by step guide, follow the programme and get yourself from your desk (or couch) to 3K!





Warm up:

A good warm-up dilates your blood vessels, ensuring your muscles are well supplied with oxygen before you start to workout. By slowly raising your heart rate, a warm-up also helps minimise stress on your heart when you start your run.

Why not try our [warm-up routine](#) to get started!

- Do about 5 to 10 minutes of light aerobic exercise to loosen up your muscles and warm you up for your run. Try walking briskly, marching, jogging slowly, or cycling on a stationary bike. **Make sure you don't rush your warm-up.**
- Try some dynamic stretches, walking lunges, squats, spinal rotations, shoulder rolls.
- When you begin your run, jog slowly at first and gradually build up your speed. You should be breathing very easily. If you feel yourself getting out of breath, slow down.

When you've finished your training run:

Cool down by walking or slowly jogging for a further 5 to 10 minutes. Your breathing and heart rate should gradually return to normal.

Remember to stay hydrated.

How to keep the best running form:

Look ahead

Keep your eyes on the ground about 10 to 20 feet ahead of you. Not only is this the best running form, it's also a safer way to run because you can see what's around you and prevent a fall.

Foot placement

Try to land on the middle of your foot, and then roll through to the front of your toes.

Posture

Aim to keep your head up, your back straight and shoulders level, maintaining a neutral pelvis.

Check your posture once in a while. When you're tired at the end of your run, it's common to slump over a little, which can lead to neck, shoulder, and lower-back pain.

Relax your arms & shoulders

Squeeze your shoulder blades together on your back, as if they're elevator doors that you need to

close. Keep them in that position and allow your shoulders to drop.

Periodically check the position of your shoulders to make sure they stay relaxed.

As you run, keep your arms and hands as relaxed as possible. Avoid tightening your hands into fists. If you're clenching your hands, the tension will move from there up your arms to your shoulders and neck.

Ask your doctor or PT

If you feel uncomfortable running or experience any pain, speak to a coach or a GP for advice.



Cooling Down:

Everyone benefits from stretching! Typical post-run stretches include the hamstring stretch, quad stretch, calf stretch, low lunge stretch, IT band stretch, butterfly stretch, hip and back stretch, arms and triceps stretch. These tips can help you:

- Try not to bounce while stretching. Hold still on each stretch for 15 to 30 seconds.
- You shouldn't push through muscle resistance and never stretch to the point of pain. As you feel less tension, you can increase the stretch a bit more.
- Make sure you stretch both sides. Make sure you're stretching both sides equally.
- Stay relaxed and breathe in and out slowly. Make sure you don't hold your breath. Take deep belly breaths.

You can find some more useful mobility and stretching exercises to follow [here](#).

Let's get started!



Week 1

Run 1

- Walk 3km at fastest comfortable pace and note time on log sheet

Run 2

- 5 mins walk / mobility exercise
- walk 1 minute / jog 30 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

Run 3

- 5 mins walk / mobility exercise
- walk 1 minute / jog 30 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

Week 2

Run 1

- 5 mins warm-up / mobility exercise
- walk 45 seconds / jog 45 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up / mobility exercise
- walk 45 seconds / jog 45 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

Run 3

- Walk 3km at fastest comfortable pace and note time – aim to beat Week 1 Run 1 time

Week 3

Run 1

- 5 mins warm-up / mobility exercise
- walk 45 seconds / jog 60 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up/mobility exercise
- walk 45 seconds / jog 60 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

Run 3

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 60 seconds (repeat) for full 3km
- 5 mins cool-down & stretch

You're doing great!



Week 4

Run 1

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 2 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 2 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Run 3

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 2 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Week 5

Run 1

- 5 mins warm-up / mobility exercise
- walk 15 seconds / jog 2 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up / mobility exercise
- walk 15 seconds / jog 2 minutes (repeat) for full 3km
- 5 mins cool-down and stretch

Run 3

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 3 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Week 6

Run 1

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 3 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 4 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Run 3

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 4 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

It's the final countdown!



Week 7

Run 1

- 5 mins warm-up / mobility exercise
- jog full 3km, taking walk breaks when required, note no. of breaks
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 4 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Run 3

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 5 minutes (repeat) for full 3km
- 5 mins cool-down & stretch

Week 8

Run 1

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 6 minutes
- 5 mins cool-down & stretch

Run 2

- 5 mins warm-up / mobility exercise
- walk 30 seconds / jog 6 minutes
- 5 mins cool-down & stretch

Run 3

- 5 mins warm-up / mobility exercise
- jog full 3km, taking walk breaks when required, note no. of breaks
- 5 mins cool-down & stretch

You've absolutely smashed it! Well done and congratulations on completing the Desk to 3K Programme!

Got a question about the Desk to 3K programme? Simply drop us an email and one of our experienced trainers will get back to you as soon as possible.

Email:
Lynsey.Lee@glasgow.ac.uk

Running Log



Week	Run	Date	Distance	Time	Pace	Heart Rate	Outdoor/ Treadmill	Comments
1	1							
	2							
	3							
2	1							
	2							
	3							
3	1							
	2							
	3							
4	1							
	2							
	3							

Running Log



Week	Run	Date	Distance	Time	Pace	Heart Rate	Outdoor/ Treadmill	Comments
5	1							
	2							
	3							
6	1							
	2							
	3							
7	1							
	2							
	3							
8	1							
	2							
	3							