



Do a runner with LGN

Welcome to LGN Wellbeing

Welcome to LGN's training guides, these have been written by our elite LGN training team many of whom have run internationally and or have degree level physiology qualifications.

LGN's core service is providing blue chip organisations with cost effective in-house Run Clubs & ancillary wellbeing staff support, if you would like more information please email info@lgnwellbeing.com

Our approach

Our aim is to provide runners of all abilities with flexible training templates that promote tangible progression & running joy. LGN training progression is deliberately designed to be gently progressive as we look to acquire long term running fitness gains and pre-emptively avoid injuries.

LGN's '3 C Training Philosophy' (free download from LGN website) has been successfully implemented for over decade by our LGN corporate Run Clubs at BP, M&C Saatchi, Coca Cola, Investec, Jones Lang LaSalle & Omnicom Media et al.

LGN training key

Training Gears

LGN's concept of using Gears was created due to diverse ability levels of people attending LGN corporate Run Clubs. 1st Gear is your most comfortable relaxed pace, 2nd Gear is the most subtle increment you can identify and hold, and further gears are similarly the most subtle pace extension you can identify.

Both an Olympic and beginner runner alike will each have 1st Gear, the only difference is that the pace will be dependent on their base fitness. Initially aim to simply try and identify 5 Gears, with 1st Gear being your steady warm up pace and 5th Gear being your controlled sprint for a bus.

LGN Gears are subjective day to day and will vary in terms of exact pace depending on cumulative fatigue, weather etc, the important aspect is they are always subtle & nuanced pace increments on each other. The more subtle Gears you can identify the more running control you will gain.

Tempo Run

These runs form an important training aspect both physiological and mentally. The idea is to repeat the session on the same course over time and take note of your time, we then aim to slice a very small amount time from this effort on each further run.

However, while the goal is to run slightly faster each time, we are not aiming to do it by trying with greater perceived exertion, but instead staying relaxed and letting the tempo run be the tangible evidence of your running fitness gains.

Good luck from all the LGN team, running is a gift for life and half the pleasure is the unwrapping!





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LGN's Walk to Jog plan

This LGN 'Walk to Jog' plan is designed for those coming back to fitness and looking to very gently embrace their cardiovascular 5km destiny. Please assume all running is 1st Gear pace unless stated otherwise.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	LGN top tip
1	20 min walk with 30 sec jogs when you feel ok	REST	20 min walk with 30sec jogs when you feel ok	REST	20 min walk with 30sec jogs when you feel ok	REST	30 min walk with 30sec jogs when feel ok	Have confidence in training plan progression and remember relaxed patience is key
2	20 mins 30 sec jog / 3 min walk (beginning after 5mins of walking) This is true for all sessions with intervals. Finish with 5mins steady walk	REST	20 mins 30 sec jog / 3 min walk	REST	20 mins 30 sec jog / 3 min walk	REST	40 mins 30 sec jogs / 5 min walk	Allow your body to adjust to the extra stresses you will slowly introduce
3	25 mins 1 min jog / 2 mins walk	REST	25 mins 1 min jog / 2 mins walk	REST	25 mins 1 min jog / 2 mins walk	REST	40 mins 1 min jog / 5 min walk	Resist the urge to do more than scheduled, the LGN plan is designed to hold you back!
4	25 mins 2 min jog / 3 mins walk	REST	25 mins 2 min jog / 3 mins walk	REST	25 mins 2 min jog / 3 mins walk	REST	40 mins 3 min jog / 4 min walk	
5	25 mins 3 min jog / 2 min walk	REST	25 mins 5 min jog / 3 min walk	REST	25 mins 5 min jog / 2 min walk	REST	45 mins 7 min jog / 3 min walk	Don't be afraid to switch training days to suit your unique working & socialising week, but aim to find pattern that you can maintain
6	25 mins 7 min jog / 2 min walk	REST	25 mins 7 min jog / 1 min walk	REST	25 mins 7 min jog / 1 min walk	REST	45 mins 10 min jog / 2 min walk	
7	30 mins 10 min jog / 90 sec walk	REST	30 mins 10 min jog / 90 sec walk	REST	30 mins 10 min jog / 90 sec walk	REST	30 mins 10 min jog / 1 min walk	Woo hoo, we are now up to 10mins non stop but important you utilise the walk recovery and don't get carried away... just yet!
8	30 mins 5 min jog / 30 sec walk	REST	30 mins 5 min jog / 30 sec walk	REST	30 mins 5 min jog / 30 sec walk	REST	40 mins 5 min jog / 30 sec walk	
9	35 mins 15 min jog / 3 min walk	REST	35 mins 15 min jog / 2 min walk	REST	35 mins 15 min jog / 2 min walk	REST	45 mins 15 min jog / 2 min walk	As run time gently increases and walk recovery decreases expect to feel slightly more fatigue towards end and remember to manage initial pace
10	30 mins 15 min jog / 1 min walk	REST	30 mins 15 min jog / 1 min walk	REST	20 mins 15 min jog / 1 min walk	REST	20 min jog Non stop	
11	20 min jog / 1 min walk / 5 min jog	REST	20 min jog / 1 min walk / 5 min jog	REST	20 min jog / 30 sec walk / 5 min jog	REST	20 min jog / 1 min walk / 10 min jog	As you are now running with v limited walk recovery please make sure REST days are exactly that, as your running needs to share energy requirements with work, family & social fun!
12	20 min jog / 1 min walk / 5 min jog / 1 min walk / 5 min jog	REST	20 min jog / 1 min walk / 10 min jog	REST	REST	15 mins 1st G	5km race or 30min gentle running non stop!	You have arrived!

