

Your progress Logging your jog

jogscotland programme

beginners – level one

For complete jog beginners or people who have been fairly inactive for a while.

week commencing:

duration target: jog continuously for 15 minutes

distance target: 2k

your own alternative target:

Each week will commence with a short introduction by the Jog Leader and a brief group discussion.

week 1

- 5 mins walk & mobility warm-up
- 10 x (30 secs walk, 30 secs jog)
- 5 mins walk & stretch cool-down & feedback

week 2

- 5 mins walk & mobility warm-up
- 8 x (1 min walk, 1 min jog)
- 5 mins walk & stretch cool-down & feedback

week 3

- 5 mins walk & mobility warm-up
- 5 x 2 mins jog (with 2 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 4

- 5 mins walk & mobility warm-up
- 4 x 3 mins jog (with 2 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 5

- 5 mins walk & mobility warm-up
- 3 x 4 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 6

- 5 mins walk & mobility warm-up
- 3 x 5 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 7

- 5 mins walk & mobility warm-up
- 3 x 6 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 8

- 5 mins walk & mobility warm-up
 - 1 x 6 mins jog
 - 1 x 8 mins jog
 - 1 x 6 mins jog
- } (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 9

- 5 mins walk & mobility warm-up
 - 1 x 5 mins jog
 - 1 x 10 mins jog
 - 1 x 5 mins jog
- } (with 2 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 10

- 5 mins walk & mobility warm-up
- 15 mins continuous jog
- 5 mins walk & stretch cool-down & feedback

All jogscotland programmes are intended to be used as guidelines for local groups but may be adapted to suit local needs.

Before making any changes please bear in mind that the programmes have been designed to be gradual and progressive and suitable for people completely new to jogging and running as an activity.

**Log: beginners – level one
week commencing:**

week	jogscotland session	comment	other jog	other activities/ comments
example				
5 Tues		<i>Found I could jog for 5 mins without stopping - really pleased.</i>	<i>Did 3 mins walk/jog for 15 mins with Val on Thurs.</i>	<i>Saturday - 1 hour gardening. 15 min swim Fri Walked dog 30 mins Wed/Sun</i>
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Your progress Logging your jog

jogscotland programme

beginners – level two

For people who can jog continuously for 15 mins or 2k.

week commencing:

duration target: jog continuously for 30 minutes

distance target: 4k

your own alternative target:

Each week will commence with a short introduction by the Jog Leader and a brief group discussion.

week 1

- 5 mins walk & mobility warm-up
- 5 x 3 mins jog (with 2 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 2

- 5 mins walk & mobility warm-up
- 5 x 4 mins jog (with 2 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 3

- 5 mins walk & mobility warm-up
- 4 x 5 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 4

- 5 mins walk & mobility warm-up
- 4 x 6 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 5

- 5 mins walk & mobility warm-up
- 1 x 6 mins jog
- 2 x 8 mins jog
- 1 x 6 mins jog) } (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 6

- 5 mins walk & mobility warm-up
- 4 x 8 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 7

- 5 mins walk & mobility warm-up
- 3 x 10 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 8

- 5 mins walk & mobility warm-up
- 2 x 15 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 9

- 5 mins walk & mobility warm-up
- 1 x 10 mins jog
- 1 x 20 mins jog) } (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 10

- 5 mins walk & mobility warm-up
- 30 mins continuous jog
- 5 mins walk & stretch cool-down & feedback

Log: beginners – level two
week commencing:

week	jogscotland session	comment	other jog	other activities/ comments
example				
5 Tues		<i>Found I could jog for 5 mins without stopping - really pleased.</i>	<i>Did 3 mins walk/jog for 15 mins with Val on Thurs.</i>	<i>Saturday - 1 hour gardening. 15 min swim Fri Walked dog 30 mins Wed/Sun</i>
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Your progress Logging your jog

jogscotland programme

intermediate – level one

For people who can jog continuously for 30 mins or 4k.

week commencing:

duration target: jog continuously for 40 minutes

distance target: 5k

your own alternative target:

Each week will commence with a short introduction by the Jog Leader and a brief group discussion.

week 1

- 5 mins walk & mobility warm-up
- 3 x 10 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 2

- 5 mins walk & mobility warm-up
- 2 x 15 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 3

- 5 mins walk & mobility warm-up
- 2 x 18 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 4

- 5 mins walk & mobility warm-up
 - 1 x 6 mins jog
 - 1 x 20 mins jog
 - 1 x 6 mins jog
 - 5 mins walk & stretch cool-down & feedback
- } (with 3 mins walk in-between)

week 5

- 5 mins walk & mobility warm-up
 - 1 x 10 mins jog
 - 1 x 25 mins jog
 - 5 mins walk & stretch cool-down & feedback
- } (with 3 mins walk in-between)

week 6

- 5 mins walk & mobility warm-up
- 30 mins jog
- 5 mins walk & stretch cool-down & feedback

week 7

- 5 mins walk & mobility warm-up
- 2 x 20 mins jog (with 3 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 8

- 5 mins walk & mobility warm-up
 - 1 x 10 mins jog
 - 1 x 30 mins jog
 - 5 mins walk & stretch cool-down & feedback
- } (with 3 mins walk in-between)

week 9

- 5 mins walk & mobility warm-up
- 35 mins continuous jog
- 5 mins walk & stretch cool-down & feedback

week 10

- 5 mins walk & mobility warm-up
- 40 mins continuous jog
- 5 mins walk & stretch cool-down & feedback

N.B. We recommend that you either do: two jogscotland sessions per week; or one jogscotland session plus an additional 15 to 20 min jog per week.

**Log: intermediate – level one
week commencing:**

week	jogscotland session	comment	other jog	other activities/ comments
example	5	<i>Found I could jog for 5 mins without stopping - really pleased.</i>	<i>Did 3 mins walk/jog for 15 mins with Val on Thurs.</i>	<i>Saturday - 1 hour gardening. 15 min swim Fri Walked dog 30 mins Wed/Sun</i>
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Your progress Logging your jog

jogscotland programme

intermediate – level two

For people who can jog continuously for 30 mins or 5k.

week commencing:

duration target: jog continuously for 1 hour

distance target: 10k

your own alternative target:

Each week will commence with a short introduction by the Jog Leader and a brief group discussion.

week 1

- 5 mins walk & mobility warm-up
- 30 mins jog
- 5 mins walk & stretch cool-down & feedback

week 2

- 5 mins walk & mobility warm-up
- 2 x 20 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 3

- 5 mins walk & mobility warm-up
- 35 mins jog
- 5 mins walk & stretch cool-down & feedback

week 4

- 5 mins walk & mobility warm-up
- 2 x 25 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 5

- 5 mins walk & mobility warm-up
- 40 mins jog
- 5 mins walk & stretch cool-down & feedback

week 6

- 5 mins walk & mobility warm-up
- 1 x 20 mins jog
- 1 x 30 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 7

- 5 mins walk & mobility warm-up
- 45 mins jog
- 5 mins walk & stretch cool-down & feedback

week 8

- 5 mins walk & mobility warm-up
- 2 x 30 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 9

- 5 mins walk & mobility warm-up
- 50 mins continuous jog
- 5 mins walk & stretch cool-down & feedback

week 10

- 5 mins walk & mobility warm-up
- 1 hour continuous jog
- 5 mins walk & stretch cool-down & feedback

N.B. We recommend that you either do: two jogscotland sessions plus one 20 to 30 min jog; or one jogscotland session and two 20 to 30 min jogs.

**Log: intermediate – level two
week commencing:**

week	jogscotland session	comment	other jog	other activities/ comments
<i>5</i>	<i>Tues</i>	<i>Found I could jog for 5 mins without stopping - really pleased.</i>	<i>Did 3 mins walk/jog for 15 mins with Val on Thurs.</i>	<i>Saturday - 1 hour gardening. 15 min swim Fri. Walked dog 30 mins Wed/Sun</i>
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Your progress Logging your jog

jogscotland programme

advanced – level one

For people who can jog continuously for 1 hour or 10k.

week commencing:

duration target: jog continuously for 1.5 hours

distance: 10 mile/15k

your own alternative target:

Each week will commence with a short introduction by the Jog Leader and a brief group discussion.

week 1

- 5 mins walk & mobility warm-up
- 45 mins jog
- 5 mins walk & stretch cool-down & feedback

week 2

- 5 mins walk & mobility warm-up
- 2 x 25 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 3

- 5 mins walk & mobility warm-up
- 50 mins jog
- 5 mins walk & stretch cool-down & feedback

week 4

- 5 mins walk & mobility warm-up
- 2 x 30 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 5

- 5 mins walk & mobility warm-up
- 1 hour continuous jog
- 5 mins walk & stretch cool-down & feedback

week 6

- 5 mins walk & mobility warm-up
- 2 x 35 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 7

- 5 mins walk & mobility warm-up
- 1 hr 10 mins jog
- 5 mins walk & stretch cool-down & feedback

week 8

- 5 mins walk & mobility warm-up
- 2 x 40 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 9

- 5 mins walk & mobility warm-up
- 1 hr 20 mins jog
- 5 mins walk & stretch cool-down & feedback

week 10

- 5 mins walk & mobility warm-up
- 1 hr 30 mins continuous jog
- 5 mins walk & stretch cool-down & feedback

N.B. We recommend that you either do: two jogscotland sessions plus one 30 to 40 min jog; or one jogscotland session plus one 30 min and one 40 min jog per week.

**Log: advanced – level one
week commencing:**

week	jogscotland session	comment	other jog	other activities/ comments
<i>5</i>	<i>Tues</i>	<i>Found I could jog for 5 mins without stopping - really pleased.</i>	<i>Did 3 mins walk/jog for 15 mins with Val on Thurs.</i>	<i>Saturday - 1 hour gardening. 15 min swim Fri. Walked dog 30 mins Wed/Sun</i>
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Your progress Logging your jog

jogscotland programme

advanced – level two

For people who can jog continuously for 1.5 hours or 10 miles/15k.

week commencing:

duration target: jog continuously for 2 hours

distance: Half Marathon

your own alternative target:

Each week will commence with a short introduction by the Jog Leader and a brief group discussion.

week 1

- 5 mins walk & mobility warm-up
- 2 x 30 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 2

- 5 mins walk & mobility warm-up
- 1 hour jog
- 5 mins walk & stretch cool-down & feedback

week 3

- 5 mins walk & mobility warm-up
- 2 x 40 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 4

- 5 mins walk & mobility warm-up
- 1 hr 20 mins jog
- 5 mins walk & stretch cool-down & feedback

week 5

- 5 mins walk & mobility warm-up
- 2 x 45 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 6

- 5 mins walk & mobility warm-up
- 1 hr 30 mins jog
- 5 mins walk & stretch cool-down & feedback

week 7

- 5 mins walk & mobility warm-up
- 2 x 50 mins jog (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 8

- 5 mins walk & mobility warm-up
- 1 hr 40 mins jog
- 5 mins walk & stretch cool-down & feedback

week 9

- 5 mins walk & mobility warm-up
- 1 hour jog
- 1 50 mins jog } (with 5 mins walk in-between)
- 5 mins walk & stretch cool-down & feedback

week 10

- 5 mins walk & mobility warm-up
- 2 hr continuous jog
- 5 mins walk & stretch cool-down & feedback

N.B. We recommend that you either do: two jogscotland sessions and a 30 to 40 min jog; or one jogscotland session plus one 30 min and one 50 min jog per week.

**Log: advanced – level two
week commencing:**

week	jogscotland session	comment	other jog	other activities/ comments
<i>5</i>	<i>Tues</i>	<i>Found I could jog for 5 mins without stopping - really pleased.</i>	<i>Did 3 mins walk/jog for 15 mins with Val on Thurs.</i>	<i>Saturday - 1 hour gardening. 15 min swim Fri. Walked dog 30 mins Wed/Sun</i>
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