

RFE Preparation Guide

Dear Run for Equality beginners, welcome in the Ekta Runners Club. We, the team Run for Equality(RFE) have tried to structure running schedule i.e SOP (Schedule of Practice) after conducting 5 successful Half Marathons in Jaipur every year on 14th April. It is essential to follow a structured plan along with balanced diet that gradually builds endurance and strength over time. Below is a training plan suitable for beginners, incorporating various types of workouts. However, these recommendations are just for reference purpose. Please consult your physician and dietician in case you have any doubts or ailments. First, it is appropriate to give tips for running.

Tip 1- Prepare yourself mentally.

Tip 2-Always include warm-up exercises before run and stretching afterward to prevent injuries.

Tip 3- Drink enough water in the 24 hours before your run.

Tip 4- Drink plenty of water before, during, and after your run, especially on hot days.

Tip 5- Always Keep your breath under control

Tip 6- Wear comfortable, stable, cushioned, and lightweight shoes.

Tip 7- Listen to your body, pay attention to pain signals and take rest days when necessary.

Tip 8-Fuel your body with balanced diet.

Tip 9-Allow enough time for rest and recovery between hard runs.

Tip 10-Build your endurance by strengthening your muscles, bones, and joints.

Tip 11-Get checked your form of running from expert runners

Tip 12- Run in groups with friends.

Tip 13- Practice running at the pace you aim to achieve on race day.

Tip 14- Take target of 100 days Running.

Tip 15- Cross training alternatively by doing activities like cycling, swimming, yoga, or strength training to enhance overall fitness without the strain of running.

Day	For 5KM Runner	For 10KM Runner	For 21.09KM (Half Marathon) Runner
Day-1	Slow Walk 2KM	Slow Walk 2KM	Slow Walk 2KM
Day-2	Slow Walk 3KM	Slow Walk 3KM	Slow Walk 3KM
Day-3	Slow Walk 3KM	Slow Walk 3KM	Slow Walk 3KM
Day-4	Slow Walk 5KM	Slow Walk 5KM	Slow Walk 5KM
Day-5	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-6	Slow Walk 5KM	Slow Walk 6KM	Slow Walk 6KM
Day-7	Slow Walk 5KM	Slow Walk 7KM	Slow Walk 7KM
Day-8	Slow Walk 5KM	Slow Walk 8KM	Slow Walk 8KM
Day-9	Slow Walk 5KM	Slow Walk 10KM	Slow Walk 10KM
Day-10	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-11, 12,13, 14	400 Meter Slow Walk, 100 Meter Jogging alternatively for 2KM Slow Walk for 3KM	400 Meter Slow Walk, 100 Meter Jogging alternatively for 2KM Slow Walk for 8KM	400 Meter Slow Walk, 100 Meter Jogging alternatively for 2KM Slow Walk for 8KM

Day-15	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-16,17,18,19	400 Meter Slow Walk, 100 Meter Jogging, 100 Meter Slow Run alternatively for 3KM Slow Walk for 2KM	400 Meter Slow Walk, 100 Meter Jogging, 100 Meter Slow Run alternatively for 3KM Slow Walk for 7KM	400 Meter Slow Walk, 100 Meter Jogging, 100 Meter Slow Run, alternatively for 4KM Slow Walk for 6KM
Day-20	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-21,22,23,24	200 Meter Slow Walk, 200 Meter Jogging, 100 Meter Slow Run alternatively for 3KM Slow Walk for 2KM	200 Meter Slow Walk, 200 Meter Jogging, 100 Meter Slow Run alternatively for 3KM Slow Walk for 7KM	200 Meter Slow Walk, 200 Meter Jogging, 100 Meter Slow Run, alternatively for 4KM Slow Walk for 6KM
Day-25	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-26,27,28,29	100 Meter Slow Walk, 400 Meter Jogging, 500 Meter Slow Run alternatively for 4KM Slow Walk for 1KM	100 Meter Slow Walk, 400 Meter Jogging, 500 Meter Slow Run alternatively for 5KM Slow Walk for 5KM	100 Meter Slow Walk, 400 Meter Jogging, 500 Meter Slow Run, alternatively for 5KM Slow Walk for 5KM
Day-30	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-31,32,33,34	100 Meter Slow Walk, 200 Meter Jogging, 700 Meter Slow Run alternatively for 5KM	100 Meter Slow Walk, 200 Meter Jogging, 700 Meter Slow Run alternatively for 5KM Slow Walk 5KM	100 Meter Slow Walk, 200 Meter Jogging, 700 Meter Slow Run, alternatively for 5KM Slow Walk for 7KM
Day-35	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-36,37,38,39	100 Meter Walk 700 Meter Jogging, 700 Meter Running Alternatively for 5KM	100 Meter Walk 700 Meter Jogging, 700 Meter Running Alternatively for 6KM Slow Walk 2KM	100 Meter Walk 700 Meter Jogging, 700 Meter Running Alternatively for 8KM Slow Walk for 7KM
Day-40	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-41,42,43,44	100 Meter Walk 400 Meter Jogging, 1 KM Running Alternatively for 6KM	500 Meter Jogging, 1KM Running Alternatively for 6KM Slow Walk 4KM	500 Meter Jogging, 1KM Running Alternatively for 9KM Slow Walk for 6KM
Day-45	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		

Day-46,47,48,49	200 Meter Walk 800 Meter Jogging, 1 KM Running Alternatively for 6KM	200 Meter Slow Walk 800 Meter Jogging, 1.5KM Running Alternatively for 10KM Slow Walk 1KM	200 Meter Slow Walk 800 Meter Jogging, 2KM Running Alternatively for 10KM Slow Walk for 6KM
Day-50	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-51,52,53,54	200 Meter Walk 800 Meter Jogging, 2 KM Running Alternatively for 6KM	200 Meter Slow Walk 800 Meter Jogging, 1.5KM Running Alternatively for 10KM Slow Walk 1KM	200 Meter Slow Walk 800 Meter Jogging, 2KM Running Alternatively for 10KM Slow Walk for 6KM
Day 55	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-56,57,58,59	500 Meter Walk 500 Meter Jogging, 2 KM Running Alternatively for 6KM	500 Meter Walk 500 Meter Jogging, 1.5KM Running Alternatively for 10KM Slow Walk 1KM	500 Meter Walk 500 Meter Jogging, 3KM Running Alternatively for 12KM Slow Walk 5KM
Days-60	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Days-61,62,63,64	500 Meter Walk 500 Meter Jogging, 2 KM Running Alternatively for 6KM Slow Walk for 1KM	500 Meter Walk 500 Meter Jogging, 1.5KM Running Alternatively for 10KM Slow Walk 2KM	500 Meter Walk 500 Meter Jogging, 3KM Running Alternatively for 12KM Slow Walk 6KM
Day 65	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Days-66,67,68,69	500 Meter Walk 2.5 KM Running Alternatively for 6KM	500 Meter Walk 500 Meter Jogging, 2 KM Running Alternatively for 9KM Slow Walk 2KM	500 Meter Walk 500 Meter Jogging, 3KM Running Alternatively for 12KM Slow Walk 7KM
Day 66	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Days-70,71,72,73	500 Meter Walk 2.5 KM Running Alternatively for 6KM	500 Meter Walk 500 Meter Jogging, 2 KM Running Alternatively for 9KM Slow Walk 2KM	500 Meter Walk 500 Meter Jogging, 3KM Running Alternatively for 12KM Slow Walk 7KM
Days-74	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Days-75,76,77,78	500 Meter Walk 2.5 KM Running Alternatively for 6KM	500 Meter Walk 500 Meter Jogging, 3 KM Running	500 Meter Walk 500 Meter Jogging, 3KM Running

		Alternatively for 8KM Slow Walk 2KM	Alternatively for 12KM Slow Walk 8KM
Day-79	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-80,81,82,83	Walk 1KM Run 5KM	500 Meter Walk 500 Meter Jogging, 5 KM Running Alternatively for 12KM	500 Meter Walk 500 Meter Jogging, 5 KM Running Alternatively for 12KM Slow Walk 9KM
Day-84	REST Advice- Always Listen to your body, if comfortable then take next scheduled Days, otherwise repeat the earlier one till you become comfortable...Running is easy, Read Tips above.		
Day-85,86,87,89	Walk 1KM Run 5KM but walk whenever feel	Walk 1KM Run 10KM but walk whenever feel	Walk 2KM Run 10KM but walk whenever feel Walk 1KM Run 9KM but walk whenever feel Keep Practicing the variation as per your body type and endurance.
Day-90	REST Running is easy, Read Tips above. Read about world's best Marathon and qualifying procedure.		

PRACTICE AFTER COMPLETING 90 DAYS

- 3 days of running per week (e.g., Monday, Wednesday, Friday)
- 3 days other Activities like cycling, swimming, yoga, or strength training to enhance overall fitness without the strain of running. (e.g., Tuesday, Thursday, Saturday)
- 1 day full rest/Massage (e.g. Sunday)

Runners High -

- ❖ Regular Running can have a dramatic anti-depressive effect while improving the brain's working memory and focus.
- ❖ Regular running is a great way to strengthen the heart.
- ❖ Runner feel high and it is positive addiction
- ❖ Running improves lung health
- ❖ Balanced diet and long running aids in building muscle especially in the legs and glutes.

KINDLY NOTE THAT

This SOP is just for reference purpose for beginners. Please consult your physician and dietician for practice.

Best Wishes

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