

Welcome to the JPMorgan September
Challenge

Deskto 5km run

J.P.Morgan





Disclaimer

- Please note that any session participation is done entirely at your own risk
- If you suffer from any medical conditions, you should seek medical advice before taking part
- Neither Nuffield Health nor JPMorgan accept any liability for any injuries or losses whatsoever that you sustain whilst participating in this class (unless in the instance that we are negligent), and Nuffield Health and JPMorgan each exclude our liability to the fullest extent permitted by law
- Please make sure you are able to complete warm ups and exercise in a safe and timely manner, and that you have an adequate space within which to do so – we will give different options for you to follow at your own level and pace
- Please make sure you have water with you, stop for a break if needed and carry out the sessions in a suitable and safe environment
- If you feel dizzy or unwell during any session you should stop immediately and, if necessary, seek help or medical advice
- You may be required to download third party software and/or use third party IT platforms in order to participate in the sessions, which you do entirely at your own risk
- Neither Nuffield Health nor JPMorgan are liable for any security and/or technical issues that you may incur as a result of streaming, downloading, accessing or otherwise using third party software and we give no assurances that the streaming will be uninterrupted or error-free.

Programme journey

Programme overview and what to expect.

Don't worry, you won't take on this journey alone.

We will be on hand to help guide and support you along the way.



Introduction



Scan to sign-up



Getting started



Expert guidance



Midway Q&A



8 week plan

Always consult with a member of gym staff if you're unsure how to operate any of the equipment or exercises listed within this programme.

Move more!

The importance of movement, the consequences of too much sitting and strategies for intervention.

Being highly sedentary

Includes sitting during commuting, in the workplace, the domestic environment and during leisure time.

- 49% increased risk of all-cause mortality
- 90% increased risk of cardiovascular mortality
- 112% increased risk of diabetes
- 147% increased risk of cardiovascular disease.

Research shows that:

Since 1960:

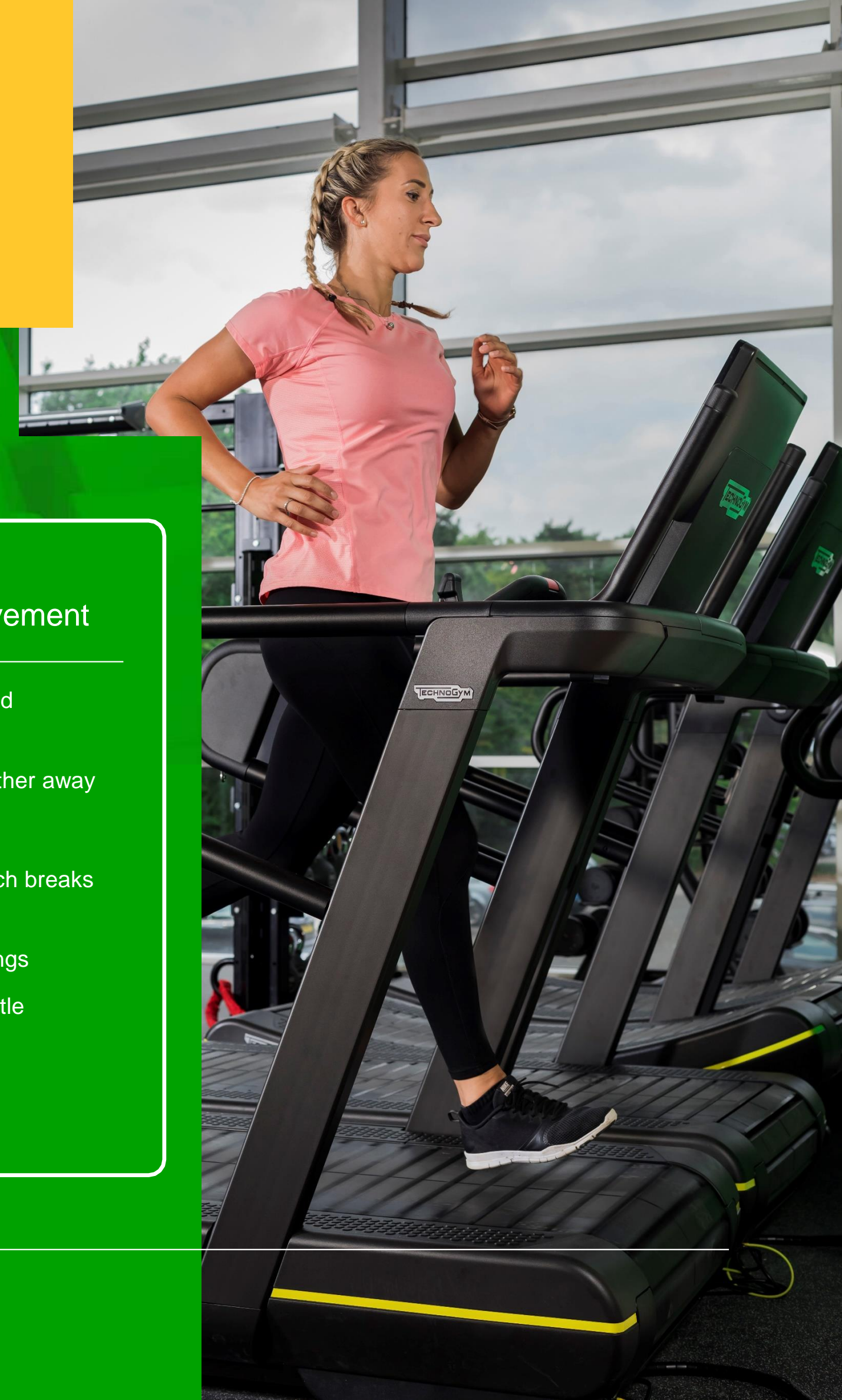
- Estimated energy expenditure loss at work has been 175 kcal/day (Church et al 2011)
- 20% reduction in physical activity, which could be 35% by 2030 (Ng et al 2012)
- Reduction of walking by 60 miles/year (Fox et al 2007).

There is good evidence showing:

- You need as much as 60-75 minutes of moderate intensity activity to combat the dangers of sitting for prolonged periods of time.
- Breaking up sitting time lowers disease risk.
- Sitting for prolonged periods of time can contribute to increased lower back pain due to shortened tight muscles.

Strategies to increase movement

- Walk laps around the office
- Use printers further away
- Use the stairs
- More active lunch breaks (Walk or gym)
- Standing meetings
- Fill up water bottle more often.



Getting started

Running is a great way to get fit, stay sharp and burn those calories. One of the major barriers to motivation is braving the elements outdoors, so this training plan is designed to enable you to train in the gym on a treadmill or on the streets.

Of course, it's best to practice running outdoors ahead of the event as well, to get your body used to running on uneven surfaces or against the wind. This plan should take an individual from no structured running to completing a 5k run within eight weeks.



What equipment you'll need:

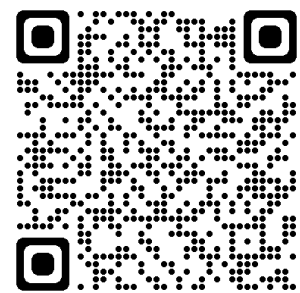
- Running trainers
- Foam roller (optional)
- Bottle of water
- Stretch mat (optional)



Stretch and mobilise

- These low-impact routines for flexibility and mobility will help you prevent injury and improve your performance in other workouts.
- You can perform them both before and after exercise.

Top exercises and stretches to improve your running performance:



Track your walks with Runkeeper from Asics:

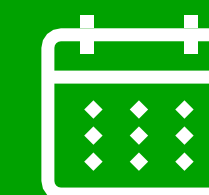
[Google Play Store](#)
[Apple App Store](#)



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Training plan weeks 1-4



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>Lace up 5 sets of 30 second run 60 second walk</p> <p>Ease into the runs and build up speed if you feel like you can during the later reps.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 10 Press up – 3 x 10 Step Up – 3 x 8 each leg Back Extension – 3 x 10 Plank – 3 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help loosen muscles and flush waste products.</p>	<p>Specific session 5 sets of 60 second run 60 second walk</p> <p>Just keep moving in this session, don't allow yourself to stop. You'll be thankful at the end you kept moving!</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 second or more. This will help to relax the muscles and promote fresh blood flow ready for Sunday's big session.</p>	<p>Specific session 6 sets of 60 second run 60 second walk</p> <p>60 second recovery in between.</p> <p>See if you can start to increase the pace a little. Slow down if you need to but start visualizing that 5k finish line.</p>
2	<p>Active recovery 15 minute walk twice during the day</p> <p>Try to get two walks in at a very comfortable pace.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 10 Press up – 4 x 10 Step Up – 4 x 8 each leg Back Extension – 4 x 10 Plank – 4 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Ensure you complete some foam rolling to help promote recovery and break down muscle knots.</p>	<p>Specific session 3 set of 90s run – 45s walk 60s run – 30s walk 30s run – 2 min walk</p> <p>Try to run a little faster as the time gets shorter but don't forget those recoveries are getting shorter too!</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax the muscles and detoxify.</p>	<p>Specific session 5 sets of 2 minute run 60 minute walk</p> <p>Pace yourself on this one as the training will ramp up from next week.</p>
3	<p>Active recovery 20 minute walk</p> <p>Try to walk a little faster but still within your comfort zone.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 12 Press up – 4 x 12 Step Up – 4 x 10 each leg Back Extension – 4 x 12 Plank – 3 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite in what we are trying to achieve.</p>	<p>Specific session 2 sets of 5 min run – 2.5 min walk 4 sets of 60s run – 60s walk</p> <p>60 second recovery in between.</p> <p>Try to go faster on the 60s efforts, think about technique and running relaxed.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>If possible try to go for a long walk to help promote blood flow before you stretch and foam roll.</p>	<p>Specific session 4 sets of 5 minute run 2 minute walk</p> <p>Just keep moving during this session, there will be temptation to stand still after the runs –don't give in to it! Keep the legs moving, even if it's a slow walk.</p>
4	<p>Active recovery 10 minute slow jog</p> <p>This is the furthest you have gone without walking so pace yourself.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 15 Press up – 4 x 15 Step Up – 4 x 12 each leg Back Extension – 4 x 15 Plank – 4 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Now may be a good time to get a sports or deep tissue massage to help relax sore muscles and promote recovery.</p>	<p>Specific session 2km run</p> <p>Try to keep running for the full two kilometers.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 second or more. This will help to relax the muscles and promote fresh blood flow to the muscles ready for Sunday's big session.</p>	<p>Specific session 2.5km run.</p> <p>Halfway point test.</p>

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Training plan weeks 5-8



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	<p>Active recovery 15 minute easy jog</p> <p>Don't go too slow on this one, you should be working but keep within your comfort zone.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 15 Press up – 4 x 15 Step Up – 4 x 12 each leg Back Extension – 4 x 15 Plank – 3 x 40 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help loosen muscles and flush waste products.</p>	<p>Specific session 3km run</p> <p>Take this steady in the first half and then see if you can increase the pace towards the end.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to take a complete mental break at this stage, if you want to stretch and foam roll then go for it but a mental break at this stage will be useful.</p>	<p>Specific session 5 sets of 400m run 200m walk</p> <p>Focus more on speed in this session but 400m can be a long way if you set off too fast so pace yourself.</p>
6	<p>Active recovery 20 minute easy jog</p> <p>Try to get two walks in at a very comfortable pace.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 20 Press up – 3 x 20 Step Up – 4 x 15 each leg Back Extension – 3 x 20 Plank – 4 x 40 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow.</p>	<p>Specific session 4km run</p> <p>Try to hold a steady pace for this, don't set off too fast but don't leave too much in the tank at the end either.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax the muscles and detoxify.</p>	<p>Specific session 2 sets of 1km run 5 min walk</p> <p>Longest interval effort so far. Pace yourself, work hard but stay relaxed in the upper body.</p>
7	<p>Active recovery 20 minutes bike ride at an easy pace</p> <p>Change it up and recover on a bike instead today.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 20 Press up – 4 x 20 Step Up – 4 x 15 each leg Back Extension – 4 x 20 Plank – 3 x 50 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>You may be feeling tired this week so make sure you keep stretching to help with recovery.</p>	<p>Specific session 4km run 4 sets of 200m run – 200m walk</p> <p>Complete the long run at a steady pace then attack the 200m intervals.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Ensure you relax as much as possible throughout the day, go for a long walk to help promote blood flow.</p>	<p>Specific session 8 sets of 400m run 200m walk</p> <p>This will be tough if you attack it right, so go hard and don't leave much left at the end!</p>
8	<p>Active recovery 20 minute easy jog</p> <p>Deload week so take this jog super relaxed.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 5 x 20 Press up – 5 x 20 Step Up – 4 x 20 each leg Back Extension – 5 x 20 Plank – 3 x 60 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Make sure you foam roll and stretch plenty, you want to be feeling flexible and ready for the challenge ahead.</p>	<p>Specific session 8 sets of 100m run 100m slow walk</p> <p>Just stride out on the runs getting slightly faster with each one, starting at 50% effort ending on 90%.</p>	<p>Rest</p> <p>Last rest day so make sure you relax.</p>	<p>Active recovery 15 minute slow jog</p> <p>Take this very easy, making sure you stretch and foam roll afterwards. You could do a few acceleration runs working up to 80% effort if you want to.</p>	<p>Showtime! 5km run</p>

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Expert guidance

Challenges like these are designed to test you. That's why we are on hand to help guide you along the way.

Not sure how to warm up pre run? Getting sore feet from all of the pounding? Or looking ahead to your next challenge?

Scan the QR codes to find out more information that will help you along your journey:



Warm up and cool downs



Protecting your feet



Next challenge: 10km?



Top up memberships

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