St John of Jerusalem Eye Hospital Group

5K TRAINING GUIDE

www.stjohnyehospital.org
If your new to running, our 5k running guide has simple steps and guidance to get you to your goal in 12 weeks!

St John of Jerusalem Eye Hospital Group transforms lives by saving sight in the world’s most unique region facing decades of conflict resulting in the poorest people lacking the basic privileges of ordinary life.

We are the oldest and only charitable provider of expert eye care in the Middle East and have clinics in the West Bank, Gaza, and Jerusalem treating patients regardless of ethnicity, religion or the ability to pay.

Find out more at www.stjohneyehospital.org
WARMING UP

It’s very important that you warm up before exercise, so you are mentally and physically prepared for running. Warming up can also help to prevent injury.

Warming up gets your heart rate up and gets blood pumping around the body, so that your muscles are prepared for physical activity. The NHS recommends warming up for approximately six minutes, with a mixture of cardiovascular activity and stretches.

You can do the following exercises to warm up:

- Jog on the spot for a few minutes.
- Knee raises - lift your knees in the air alternatively for half a minute.
- Star Jumps - Jump off the ground and spread your legs so your feet land wider than shoulder-width apart, simultaneously taking your hands above your head.
- Squat - Stand straight with feet hip-width apart and straighten your legs to lift back up.

COOLING DOWN STRETCHES

Stretching after exercise will reduce injury, decrease muscle tension and it can help boost your flexibility.

You can do the following stretches to cool down:

A. Calf stretch
   1. Stand in front of a wall with one foot in front of the other and keep your front knee slightly bent.
   2. Keeping your back leg straight, lean towards the wall with your heel firmly on the ground.
   3. Hold this stretch for 30 seconds.

B. Thigh stretch
   1. While standing hold onto the back of a chair with one hand and grab your ankle with the other hand by bending your knee back.
   2. Alternate knee.
   3. Hold this stretch for 30 seconds each time.

C. Hamstring stretch
   1. Lay on the floor and keep one leg flat and place the other leg against a wall.
   2. Gently keep the raised leg as straight as bearable.
   3. Hold this stretch for 30 seconds.
## RUNNING PLAN

### WEEK ONE

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Run for 1 minute and then walk for 1 minute</td>
<td>Rest</td>
<td>Run for 1 minute and then walk for 1 minute</td>
<td>Rest</td>
<td>Run for 90 seconds and then walk for 90 seconds</td>
<td>Rest</td>
</tr>
<tr>
<td></td>
<td>Do 10 repetitions of this</td>
<td></td>
<td>Do 10 repetitions of this</td>
<td></td>
<td>Do 8 repetitions of this</td>
<td></td>
</tr>
</tbody>
</table>

### WEEK TWO

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Run for 90 seconds and then walk for 90 seconds</td>
<td>Rest</td>
<td>Run for 2 minutes and then walk for 2 minutes</td>
<td>Rest</td>
<td>Run for 2 minutes and then walk for 2 minutes</td>
<td>Strength workout</td>
</tr>
<tr>
<td></td>
<td>Do 8 repetitions of this</td>
<td></td>
<td>Do 8 repetitions of this</td>
<td></td>
<td>Do 8 repetitions of this</td>
<td>5 lunges, repeat x 3 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5 squats repeat x3 repetitions</td>
</tr>
</tbody>
</table>

### WEEK THREE

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Run for 3 minutes and then walk for 2 minutes</td>
<td>Rest</td>
<td>Run for 3 minutes and then walk for 2 minutes</td>
<td>Rest</td>
<td>Run for 3 minutes and walk for 90 seconds</td>
<td>Strength workout</td>
</tr>
<tr>
<td></td>
<td>Do 6 repetitions of this</td>
<td></td>
<td>Do 6 repetitions of this</td>
<td></td>
<td>Do 6 repetitions of this</td>
<td>8 lunges, repeat x 3 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8 squats, repeat x2 repetitions</td>
</tr>
</tbody>
</table>

## LOOK AFTER YOUR BODY

Make sure you stretch after your training runs to help your body recover and help avoid any injuries.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Run for 3 minutes and then walk for 2 minutes</td>
<td>Rest</td>
<td>Run for 3 minutes and then walk for 90 seconds</td>
<td>Run for 3 minutes and then walk for 90 seconds</td>
<td>Run for 3 minutes and then walk for 90 seconds</td>
<td><strong>Strength workout</strong> 10 lunges, x 3 repetitions</td>
</tr>
<tr>
<td></td>
<td>Do 6 repetitions of this</td>
<td></td>
<td>Do 6 repetitions of this</td>
<td>Do 6 repetitions of this</td>
<td>Do 6 repetitions of this</td>
<td>5 squats x 3 repetitions</td>
</tr>
</tbody>
</table>

**STRENGTH WORKOUT**
- 10 lunges, x 3 repetitions
- 5 squats x 3 repetitions
- 10 pushups x 2 repetitions
- Plank for 15 seconds
- 5 bicep curls

**THANK YOU**
Your efforts are helping us to fund essential services and save sight.
### WEEK SIX

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
</tr>
<tr>
<td>Run for 5 minutes and then walk for 90 seconds</td>
<td>Do 4 repetitions of this</td>
<td>Rest</td>
<td>Run for 6 minutes and then walk for 1 minute</td>
<td>Do 4 repetitions of this</td>
<td>Rest</td>
<td>Run for 7 minutes and then walk for 1 minute</td>
</tr>
<tr>
<td>Strength workout</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 lunges</td>
<td>x3 repetitions</td>
<td>x3 lunges</td>
<td>10 squats</td>
<td>x3 repetitions</td>
<td>15 pushups</td>
<td>x2 repetitions</td>
</tr>
<tr>
<td>8 bicep curls</td>
<td>8 bicep curls</td>
<td>Plank for 25 seconds</td>
<td>Plank for 20 seconds</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WEEK SEVEN

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
<td>Rest</td>
</tr>
<tr>
<td>Run for 7 minutes and then walk for 1 minute</td>
<td>Do 4 repetitions of this</td>
<td>Rest</td>
<td>Run for 8 minutes and then walk for 1 minute</td>
<td>Do 4 repetitions of this</td>
<td>Rest</td>
<td>Run for 9 minutes and then walk for 1 minute</td>
</tr>
<tr>
<td>Rest</td>
<td>Run for 9 minutes and then walk for 1 minute</td>
<td>Do 4 repetitions of this</td>
<td>Rest</td>
<td>Run for 10 minutes and then walk for 1 minute</td>
<td>Do 4 repetitions of this</td>
<td>Rest</td>
</tr>
<tr>
<td>Strength workout</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 lunges</td>
<td>x3 repetitions</td>
<td>x3 lunges</td>
<td>10 squats</td>
<td>x3 repetitions</td>
<td>15 pushups</td>
<td>x2 repetitions</td>
</tr>
<tr>
<td>8 bicep curls</td>
<td>8 bicep curls</td>
<td>Plank for 25 seconds</td>
<td>Plank for 20 seconds</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

80% of blindness in this region is curable but most will not have access to our care without your help.

6
**WEEK EIGHT**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Rest   | Run for 9 minutes and then walk for 1 minute  
Do 3 repetitions of this | Rest | Run for 10 minutes and then walk for 1 minute  
Do 3 repetitions of this | Rest | Run for 10 minutes and then walk for 1 minute  
Do 3 repetitions of this | **Strength workout**  
15 lunges  
x3 repetitions  
10 squats  
x3 repetitions  
15 pushups  
x2 repetitions  
Plank for 25 seconds  
10 bicep curls  
x3 repetitions |

**WEEK NINE**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Rest   | Run for 13 minutes and then walk for 1 minute  
Do 2 repetitions of this | Rest | Run for 13 minutes and then walk for 1 minute  
Do 2 repetitions of this | Rest | Run for 15 minutes and then walk for 1 minute  
Do 2 repetitions of this | **Strength workout**  
15 lunges  
x2 repetitions  
10 squats  
x2 repetitions  
15 pushups  
x2 repetitions  
Plank for 25 seconds  
x2 repetitions  
10 bicep curls  
x3 repetitions |

**DON’T BE TOO HARD ON YOURSELF**

Don’t worry if you have some days where training doesn’t go to plan. This is normal and happens to all runners. Listen to your body, take it easy and remember that you can try again tomorrow.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Run for 18 minutes, walk for 1 minute and then run for 10 minutes</td>
<td>Rest</td>
<td>Run for 20 minutes, walk for 1 minute and then run for 10 minutes</td>
<td>Rest</td>
<td>Run for 22 minutes, walk for 1 minute and then run for 8 minutes</td>
<td>Strength workout</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20 lunges x2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 squats x2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20 pushups x2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Plank for 25 seconds x2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10 bicep curls x3 repetitions</td>
</tr>
</tbody>
</table>

**WEEK ELEVEN**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Run for 25 minutes, walk for 1 minute and then run for 5 minutes</td>
<td>Rest</td>
<td>Run for 27 minutes, walk for 1 minute and then run for 3 minutes</td>
<td>Rest</td>
<td>Run for 30 minutes</td>
<td>Strength workout</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20 lunges, x 2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 squats x 2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5 backward lunges x 2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25 pushups, x 2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Plank for 30 seconds x2 repetitions</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15 bicep curls x 2 repetitions</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
<td>Saturday</td>
</tr>
<tr>
<td>--------</td>
<td>----------------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
<td>----------</td>
</tr>
<tr>
<td>Rest</td>
<td>Run for 30 minutes</td>
<td>Rest</td>
<td>Run for 20 minutes</td>
<td>Rest</td>
<td>Rest</td>
<td>Race</td>
</tr>
</tbody>
</table>

**KEEP MOVING**

When you cross the line, keep walking for 15–20 minutes to allow your muscles to cool down and recover. Make sure you stay hydrated and eat a banana or similar to restore some of the calories you have lost. Don’t eat too much too quickly though.
**NUTRITION**

1. **Start your day with breakfast**
   It can be easy to neglect breakfast, but it provides vital fuel for training and kick starts your metabolism. It will also help you to burn more calories throughout the day.

2. **Digestion time**
   Allow at least 1.5-2.5 hours between your last meal and your training session for adequate digestion. Exercising on a full stomach can affect your performance and be uncomfortable.

3. **Drink plenty of water**
   Drinking water regularly is important as you will lose more fluids due to sweat loss. Try and drink straight after your workout to keep hydrated and in good form.

4. **Refuel**
   As your training increases, so will your energy requirements. The best time to refuel is straight after your workout. Bananas are a great fruit to eat after you cool down.

5. **Healthy diet**
   Make sure your diet includes plenty of protein to support rebuilding muscle, aiding of tissue repair and improve recovery. Good protein sources include:
   - Chickpeas
   - Lentils
   - Beans
   - Skinless, white-meat poultry (chicken)
   - Lean beef/pork
   - Milk
   - Yoghurt
   - Cheese
   - Eggs

Carbohydrates give you energy and are the main fuel source when you run. Good carbohydrates include:
   - Wholegrain bread
   - Brown rice
   - Whole wheat pasta
   - Root vegetables (like carrots or turnips)
   - Potatoes and fruit

Iron has a critical role in getting oxygen to your muscles and strengthens the body’s natural defense system. Iron rich foods include:
   - Meat
   - Beans
   - Some cereals
   - Dried fruit
   - Nuts
   - Soybeans
   - Dark green leafy vegetables, such as spinach

**INVEST IN QUALITY RUNNING SHOES**

By investing in a good quality pair of running shoes you can help to reduce strain and injury on your feet and legs and even improve your performance. Make sure they are cushioned, lightweight and have a low drop (the lower the drop, the more helpful the shoe is for running)
SET UP A GIVING PAGE

The easiest way to raise money for your 5k race is by setting up a giving page. We recommend Just Giving as they have a 0% platform fee and the giving pages are easy to set up.

Summary
On your giving page write a summary about the race you’re taking part in, how the money raised will help St John of Jerusalem Eye Hospital Group and why you have chosen to support our charity. If you have never raced before, it might be great to mention that too, so your supporters know it will be a big challenge.

Target
Set yourself a target, it gives you a goal to focus on and keeps you motivated. It’s also very encouraging when you can see you’re about to hit or beat your target.

Picture
According to Just Giving, a picture can create a 23% increase in page value. It also helps friends of friends put a person to the fundraising.

Updates
Keep your supporters engaged by providing updates on training, donations and a message just before the big race day.

Include offline donations
Most giving pages will allow you to add offline donations, make sure you do so your supporters can see you getting closer to reaching your target.

Share
Share your page on social media, email and with work colleagues.

ON THE DAY

- Bring a water bottle
- Bring a charged music player/mobile phone with headphones suitable for running
- Bring a hat if it will be hot and sun protection
- Extra clothes—for when it cools down after the race
- Spare laces
- Aim to get to your race half an hour before it starts, to avoid any travel disruptions
- Plan a post-race meeting spot, so friends and family can meet you after the race

WHAT WE CAN PROVIDE

We can provide the following:
- Running vest
- Support with your giving page and information about St John Eye Hospital Group

Clear messaging in your fundraising
When you fundraise for St John Eye Hospital group you need to be clear about where the funds will go.

Using our logo
Using our logo You can use our ‘In support of’ logo for your fundraising. The use of our logo must be approved by us before printing or publishing materials for your event. Contact info@stjohnseyhospital.org

IN SUPPORT OF
St John of Jerusalem Eye Hospital Group
AND FINALLY...

POST EVENT

Banking
For any cash donations collected, please pay this into your bank and then pay it to us through our website here: www.stjohnyeighthouse.com/donate-now/
In the comment section please mention that you fundraised for the hospital by completing a 5k race.
Alternatively, you can make payment by cheque.
Please make cheques payable to, ‘St John of Jerusalem Eye Hospital Group’ and send it to:
London Fundraising Team
4 Charterhouse Mews
London
EC1M 6BB
Please include your full name and event details so we can process the donation smoothly.

Thanking
After your event, remember to give a big thank you to everyone who donated to your giving page and be sure to let them know the grand total of how much was raised.
Finally, we’d love to hear how your event went. We are here to help throughout your planning and happy to answer any questions you have. You can contact us on info@stjohnyeighthouse.com
If you have taken any photos, you can tag us in your Twitter post on @StJohnEyeHosp or in your Facebook post on @stjohnyeighthouse.
With your permission, we’d also like to share your fundraising on our social media pages to encourage other people to support us.

Our social media pages are:

www.twitter.com/StJohnEyeHosp
www.facebook.com/stjohnyeighthouse
www.instagram.com/stjohnyeighthouse

GOOD LUCK!