

# Babes on the Run



## Babes Pram-Fit Can't Run? Read on.

Its 825am, you're running late, struggling to get the pram out of the car for Pram Fit class, the baby slept a whole of 3 hours broken up over 8 hours, your shirt has a patch of baby spew and you've just looked down to see you've put your gym pants on back to front. You're thinking you don't need any new challenges right now when your trainers voice cuts across the oval with your most feared word...**RUNNING!** Desperation strikes.

Fear not. Running is something you can do. But it's not something we expect you to be able to do without the right training. Going too hard too fast can lead to injuries and can be de-motivating. We are here to support you and encourage you every step of the way.

### Is running easy if you haven't done it before?

No. That's why it feels so good when you learn how! Because you have achieved something and worked hard to get there. As trainers we can help teach you proper technique and build your running skills gradually

### Will it ever get easier?

Yes, as your body adapts your breathing will become more regular. Your muscle tone develops and you begin to find your rhythm.

Your heart is a muscle and exercise makes it stronger so it can pump more oxygen to your muscles, meaning it gets easier for your body to exercise.

### Why should I try to run, I enjoy walking?

Running can help you burn more calories in less time.

### The facts and figures.

A 20min run can burn up to 352 calories where a brisk 20min walk can burn up to 141 calories (A Cadbury cream egg has 168 calories!!)

### But it's so hard, how do I start?

You made it to pram fit, you've already started!!

Between your pram fit sessions you can try this gradual running program twice a week to help build from walking to jogging so that next time your trainer calls out the word 'run' you can embrace the challenge.

As you know, time can be a hard thing to find, but here is how you can make 20min twice a week really count. Build up your ability to run and burn more calories in the same amount of time by the end of this 6 week program.

| Week one = 194calories | Week four               |
|------------------------|-------------------------|
| 1min brisk walk        | 40sec brisk walk        |
| 20sec jog              | 20sec jog               |
|                        |                         |
| Week two               | Week five               |
| 1min brisk walk        | 30sec brisk walk        |
| 30sec jog              | 30sec jog               |
|                        |                         |
| Week three             | Week six = 278 calories |
| 50sec brisk walk       | 20sec brisk walk        |
| 30sec jog              | 40sec jog               |

Figures show from 9msn and should be used as a guide rather than an absolute.

If you are not able to jog due to injury or restrictions but you have time to burn, the good news is that walking for an hour at a pace greater than 5km/hr (422 calories) will burn more total calories than jogging for 20min.

Babes Trainer Sarah Whitehead

For details on all the programs,  
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