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Zombies run free form running

I recently decided to start learning how to run. I signed up for a 5k color run and in a desperate attempt not to make fun of myself completely I decided to start training using the Couch to 5k app. I am currently in Week 6 of training, and here you can read my progress through weeks 1 to 3 and 4 & 5. One of the problems I've faced is that even though I'm managing to run longer, I'm running very slowly and I need to pick up my rhythm. I thought restarting training by focusing on speed can help, but rather than repeating the same program, I looked for something slightly different, which brings me to the Zombies Run 5k app. The Zombies Run 5k app works on a premise similar to the C25K app, building slowly, increasing the distance you are able to run. Weekly programs are slightly different, and Zombies Run 5k includes exercises and freeform execution, while the C25K program is fully structured. I hope the inclusion of exercises and stretching breaks will help build the muscles I need to run, while the shorter running times I would like to use to increase my speed. What Is Zombies Run 5k? Zombies Run 5k is an app designed to make people work 5k in 8 weeks. Confidence and endurance will build on 25 workouts, all based on the survival story of the post-zombie apocalypse. Zombies Run 5k is designed is advertised as a game rather than a training app, since the runner is essentially playing a role in a real-life RPG, where running is needed to survive, and then progress the story. Zombies Run 5k consists of 3 workouts per week. Each week increases the time spent running and the exercises work to increase strength and endurance, until after 8 weeks the runner is ready to face 5k. How to start 1. App - Get the app here, it costs £1.49 from google play store 2. Equipment – Most likely you will need a good pair of running shoes to reduce the risk of injury, a bottle of water and a phone or mp3 player to listen to the app or podcasts. Google Play playlists won't sync with this app, so you'll need to create a playlist in an alternate player, like Rocket Music Player. 3. Where - The app can track you based on time or distance using GPS, so that the app can be used outside or on a treadmill. However, due to the inclusion of various exercises, it is advisable to find an off-road place to run, such as a park, where you can stop comfortably for exercise breaks. The Program This presentation requires JavaScript. The Story You starts the story by arriving en route to Abel Township, when your helicopter is attacked and crashes, and you have to reach the without being captured by Zombies, where you will train as Runner 5. Each workout progresses your story as Runner 5, as you assist missions around the township collecting supplies and protecting the city from intrusive zombies. You'll also learn secrets and conspiracies, with each ride becoming a new adventure. Zombielink Zombielink of the interesting things about this app is that it links to the online site where you can track progress and statistics. Zombielink can track your speed and location so you can track your progress, review your speed, and share execution logs on social media or with other users. Introduction Monday, July 7 - Today I decided to start and see what zombies run 5k was about, so I went on the Intro mission. The introduction really seems to be just to get you into the story, but to be honest it was a bit confusing about what I should have done? The story is beautiful, you're in a helicopter when you're attacked and you crash. you hear the borgata radio operator telling you that zombies are coming and to MOVE MOVE, but the app doesn't explicitly tell you to run. While the C25K app specifically tells you when to run and when to walk, the Zombies Run 5k app seems to assume that you'll take your cue from the story, without explicitly stating what to do. At least I assume that hearing zombie noises and a character telling you to move is an indicator to run, but as I said, at this point it's not too obvious. The other feature missing right now is telling you when to stop running. In the introduction, it simply doesn't. Obviously while I'm using the app to work on my speed, I was running faster than usual so I ran out of breath after a few minutes. I stopped running and nothing happened, so I checked my phone to make sure the app didn't stop or the headphones didn't disconnect, but it just seemed like it popped up in the background. I walked for some time before the story came in again, and there were gaps of a few minutes between one progression of the story and the other, which won't be a problem when I turn on a playlist to run with, but all in all I was told to run only twice during this mission. I did another run in there alone, but I wasn't really challenged considering I didn't run long, and there was no recognition for when I stopped running. I'm not sure there would have been any consequences if I hadn't run at all? Maybe I need to play with the app settings to better monitor me as they went out. I also found that at the end of the ride I was told Mission Complete, but the timer keeps working until you stop it yourself. At this point you're asked if you're sure you want to stop the mission, which made me wonder if there was really more to come? I think this could be clearer and it would be better if the timer stopped automatically when it was finished. Also, I couldn't figure out how to share my run on social media, but I'll look beyond that. So far I like the look and feel of the app's history, but I'm not sure the instructions are clear at this point. I'm going to search for the app more before I start main workouts, but I'm sticking with it for now as I'd like to see where it goes! Thank you for reading! GirlGeekUpNorth likes on Facebook - Follow me on Instagram - Follow me on Twitter Twitter 5K Training, takes place between the first and second missions of the story mode. Sam Yao and Dr. Maxine Myers train Runner 5 (although the Intro 5k mission is essentially the same as the first Jolly Alpha Five Niner story mission) It's a structured training program, designed for beginners, to get a managed 5K by the end of the program. The stories are set in Zombies, Run! storyline Missions[edit | edit source] Intro[edit | edit source] Week 1[edit | edit source] Week 1 Workout 1 Week 1 Training 2 Week 1 Training 3 10 minutes walk 10 minutes walk 10 minutes walk (Repeat 10 times) 1 minute walk 15 seconds slow running (Repeat 10 times) 1 minute walk 15 seconds slow execution (Repeat 10 times) 1 minute walk 15 seconds slow running 10 minutes free running 10 minutes free-form execution 10 minutes free-form execution Week 2[edit | change origin] Week 2 Training 1 Week 2 Training 2 Week 2 Training 3 10 minutes walk 10 minutes walk 10 minutes walk (Repeat 5 times) 30 second run 5 heel lifters 1 minute walk (Repeat 5 times) 30 seconds of running (sometimes problems after last , resulting in very long period after Sam) 5 lifts heel 1 minute walk (Repeat 5 times) 30 second ride 5 heel lifts 1 minute walk 10 minutes freeform ride 10 minutes freeform ride 10 freeform running minutes Week 3[edit | edit source] Week 3 Training 1 Week 3 Training 2 Week 3 Training 3 5 minutes walk 5 minutes walk 5 minutes walk 5 minutes freeform running 5 minutes free running 5 minutes freestyle running (Repeat 5 times) 1 minute running 1 minute walk 10 seconds knee lift (Repeat 5 times) 1 minute running 1 minute walk 10 seconds knee lift (repeat 5 times) 1 minute running 1 minute walk 10 seconds knee lift 8 minutes free-form execution 8 minutes freestyle execution 8 free-form execution minutes 2 minutes 2-minute lengthening 2 minutes lengthening by 8 minutes in free format running 8 minutes free-form run 8 minutes run Week 4[edit | edit source] Week 14 Training 1 Week 4 Training 2 Week 4 Training 3 5 minutes walk 5 minutes walk 5 minutes walk 5 minutes run 5 minutes freeform running 5 minutes freeform running (Repeat 5 times) 10 seconds knee lifts 1 minute slow walk 1 minute fast walk (repeat 5 times) 10 seconds knee lift 1 minute slow walking 1 minute fast walk (Repeat 5 times) 10 seconds knee lift 1 minute slow walk 1 minute fast walk (repeat 5 times) 1 minute walk 30 seconds 30 seconds slow run 30 seconds slow run 15 minutes freeform running (Repeat 4 times) 1 minute walk 30 seconds slow running (Repeat 4 times) 1 minute walk 30 seconds slow run 15 minutes free running 15 minutes freestyle running Week 5[edit | edit source] Week 5 Training 1 Week 5 Training 2 Week 5 Training 3 5 minutes walk 5 minutes walk 5 minutes to feet 5 minutes freeform running 5 minutes freeform 5 minutes freestyle running (Repeat 8 times) 30 seconds walk 1 minute run 6 heel lifters (Repeat 8 times) 30 seconds walk 1 minute slow run 6 heel lifters (Repeat 8 times) 30 seconds walk 1 minute slow run 6 heel lifters 10 minutes free-form execution 10 minutes of running in freeform 10 minutes freeform running 5 minutes 5-minute stretch extending by 5 minutes extending for 10 minutes minutes run 10 minutes freestyle 10 minutes freestyle running Week 6[edit | edit source] Week 6 Training 1 Week 6 Training 2 Week 6 Training 3 5 minutes walk 5 minutes walk 5 minutes walk 10 minutes free-form running 10 minutes freeform running 10 minutes run in free form 10 half squats 10 half squats 10 half squats (Repeat 2 times) 30 seconds stretching 10 half squats (Repeat 2 times) 30 seconds extending 10 half squats (Repeat 2 times) 30 seconds stretching 10 half squats 5 minutes fast walk 5 minutes5 minutes fast walk 7 minutes freeform running 7 minutes freeform running 7 minutes freeform running (Repeat 2 times) 2 minutes extending for 7 minutes of freeform running (Repeat 2 times) 2 times 2 minutes free running of 7 minutes (repeat 2 times) 2 minutes extending for 7 minutes of freeform running Week 7[edit | source change] Week 7 Training 1 Week 7 Training 2 Week 7 Training 3 10 minutes fast walk 10 minutes fast walk 10 minutes fast walk 5 minutes free-form running 5 minutes free-form running 5 minutes freestyle running (Repeat 5 times) 1 minute running 15 seconds skipping (Repeat 5 times) 1 minute running 15 seconds skipping (Repeat 5 times) 1 minute running 15 seconds skipping 5 minutes of free-form execution 5 minutes of running in free format 5 minutes of free-form execution (Repeat 2 times) 3 minutes of free-to-run 5-minute (repeat 2 times) 3 minutes that extend for 5 minutes of free-to-run (Repeat 2 times) 3 minutes stretching 5 minutes freeform running Week 8[edit | source change] Week 8 Training 1 Week 8 Training 2 Week 8 Training 3 5 minutes walk 5 minutes walk Run 5K 5 minutes free-form running 10 minutes free-form running 2 minutes stretching 3 minutes extending 20 minutes of freeform running (Repeat 2 times) 10 minutes freeform running 5 minutes walk 5 minutes stretching for 5 minutes freeform running 5 minutes freeform running 3 minutes stretching 5 minutes of freeform running

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