



Introduction



www.jogpods.com



Introduction and Welcome

This Jogpods series aims to prepare you both physically and mentally for becoming more active, fitter and healthier. The sessions are designed to give you structure and routine and to make keeping fit an easier and more enjoyable activity. Our lives are becoming increasingly busy and time always seems to be in short supply, so we have made it as easy as possible for you to use our Jogpods training sessions. All you have to do is upload the mp3 sessions to your ipod/mp3 player via any mac or pc computer, and press play! It's that simple.

The sessions vary in bpm (beats per minute) according to the profile of the session. Coaching is provided by top UK trainer, Michael Warren, who guides you through each of the sessions with advice & coaching, focus tips and motivation.

So whether you are a looking to get back into fitness or you are training for an event such as a 5k, 10k, half marathon, or you are raising funds for a charity event such as the Great North Run, then Jogpods gives you the right tools, training and mentality to help you get ready for race day!

Overview



Jogpods are specifically designed training sessions which use a combination of running/jogging music combined with personal trainer coaching. The sessions vary in length and are paced in bpm (beats per minute) and use a combination of 'Interval', 'Steady State', 'Tempo Run', 'Race Pace' & 'Easy Jog' profiles according to the profile of the session.



We have made it really easy for you to get the very best training at the push of a button. All you have to do is upload the mp3 session files to your ipod/mp3 player and press play.



All of the Jogpods training sessions begin with a 5 minute warm up, and end with a 5 minute warm down. We have deliberately included these two very important components in every session because of the importance these have for your training, both mentally and physically. Please do not skip these parts they are the most important part of any workout regime, and they will also help reduce the risk of injury and/or muscle strain.



The main working phases of the sessions are energising and very motivating. Throughout the sessions the personal trainer will offer Advice & Coaching, Focus Tips & Motivation. It really is like having your very own personal trainer with you. For 5k, 10k, Half Marathon, please consult the 'Training Plan Diary' supplied.

For your safety and peace of mind, please consult your Doctor before embarking on any fitness routine. If you or your medical representative have any questions, please contact us via our email: info@jogpods.com and we will gladly answer your concerns.

As always, be aware of your surroundings when running and listening to music. Have fun, but remember... safety first! We have prepared each session for you, so all you have to do is press play. Good Luck! and Enjoy!