



**Beginners' 10 week running group schedule at a glance...**

<b>Session:</b>	<b>Group Activity</b>	<b>'Homework'</b>
<b>1</b>	<b>2min run/1min walk x4 (total 8 minutes running)</b>	<b>2min run/1min walk x6 (total 12 minutes running)</b>
<b>2</b>	<b>4min run/2min walk x4 (total 16 minutes running)</b>	<b>Repeat session 2</b>
<b>3</b>	<b>3min run/1 min walk x6 (total 18 minutes running)</b>	<b>6min run/1min walk x4 (total 24 minutes running)</b>
<b>4</b>	<b>4min run/1min walk x6 (total 24 minutes running)</b>	<b>Repeat session 4</b>
<b>5</b>	<b>6min run/1min walk x4 (total 24 minutes running)</b>	<b>Repeat session 5</b>
<b>6</b>	<b>8min run/1min walk x4 (total 32 minutes running)</b>	<b>Repeat session 5</b>
<b>7</b>	<b>10min run/1min walk x3 (total 30 minutes running)</b>	<b>6min run/1min walk x5 (total 30 minutes running)</b>
<b>8</b>	<b>12min run/1min walk x3 (total 36 minutes running)</b>	<b>Repeat session 8</b>
<b>9</b>	<b>15min run/1min walk x2 (total 30 minutes running)</b>	<b>Repeat session 9</b>
<b>10</b>	<b>5K FINALE!</b>	<b>A suitable treat!</b>

**NB:**

- 'Homework' is the recommended second, individual session per week. Try to allow at least one rest day in between each run and do not run more than 3 times per week.
- See the dynamic stretching resource to follow prior to running and the static stretching resource for after your runs. It is recommended on rest days to do something gentle like walking to minimise any stiffness.