

**Beginners’ 10 week running group schedule at a glance…**

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| **Session:** | **Group Activity** | **Homework** | **Optional 3rd run** |
| **1** | **2min run/1min walk x4**  **(total 8 minutes running)** | **2min run/1min walk x6**  **(total 12 minutes running)** | **2min run/1min walk x4** |
| **2** | **4min run/2min walk x4**  **(total 16 minutes running)** | **Repeat session 2** | **2min run/1min walk x4** |
| **3** | **3min run/1 min walk x6**  **(total 18 minutes running)** | **4min run/2min walk x4**  **(total 16 minutes running)** | **2min run/1min walk x6** |
| **4** | **4min run/1min walk x6**  **(total 24 minutes running)** | **Repeat session 4** | **2min run/1min walk x6** |
| **5** | **6min run/1min walk x4**  **(total 24 minutes running)** | **Repeat session 5** | **Repeat session 3** |
| **6** | **8min run/1min walk x4**  **(total 32 minutes running)** | **Repeat session 5** | **Repeat session 3** |
| **7** | **10min run/1min walk x3**  **(total 30 minutes running)** | **6min run/1min walk x5**  **(total 30 minutes running)** | **Repeat session 3** |
| **8** | **12min run/1min walk x3**  **(total 36 minutes running)** | **Repeat session 6** | **1x15 minute run** |
| **9** | **15min run/1min walk x2**  **(total 30 minutes running)** | **Repeat session 5** | **Either a 20 min run or 45 min walk** |
| **10** | **5K FINALE!** | **A suitable treat!** |  |

**NB:**

* **Each session will begin with a briefing and warm up exercises and finish with suitable cool down stretches**
* **‘Homework’ is required as your individual session per week (or pair up with someone else in the group!). Try to allow at least one, but preferably two, days rest in between the group session and the homework. The third run is entirely optional, but a great additional run if you have time.**
* **Remember to listen to your body and reduce the homework session if needed. It is better to do a shorter easier session for homework (and 3rd run) than no running at all.**
* **In between exercise such as gentle walking followed by gentle stretches (done in group activity) is recommended to minimise stiffness**