

6 WEEK SCHEDULE RUN LEEDS
HORSFORTH HARRIERS ABSOLUTE BEGINNERS

A full warm up should be completed before every session. Suggestions are on your handout sheets. Basic stretches will be taught first and incorporated as the warm down after every session. More complex moves may be added later as required.

Key:

B Beginners, I Improvers

Group name refers to the ability/pace of different members.

After 6 weeks:

The format of the sessions ie: week 1, Settling In or Speed Efforts, Week 2 Loops, will remain the same.

The challenges within the sessions will change.

Routes will be off road in summer, on road during the dark evenings.

WEEK 1 Schedule 1 p1	DAY 1 TUESDAY	DAY 1 TUESDAY	DAY 2 THURSDAY	DAY 3 SATURDAY or SUNDAY	How do you feel? Remember to put your thoughts in this box
Warm up before each session Warm down afterwards	Settling In B Up to 50 minutes Warm up Join I on their course at your own pace. Run/walk the route. Their will be rest points at intervals along the route. Help, advice and encouragement will be given at all times.	I Up to 60 minutes A “two double back and then overtake” challenge for the length of the session.	B 10 minutes Easy running and walking as Tuesday I 20 minutes Recovery run or run/walk	B 15 minutes easy running/walking as Tuesday I 30 minutes Long run or Park Run 5k	
WEEK 2	TUESDAY B Up to 50 minutes Easy run/walk B May start on same route as I returning to park by a shorter route. I return by longer route	TUESDAY I Up to 60 minutes Faster runners in group do out and back loops to keep the groups together, using side streets to run up and back while the slower runners catch up throughout the session	THURSDAY B 15 minutes Running and walking to your new plan I 20 minutes	SATURDAY or SUNDAY B 20 minutes Run/walk I 30 minutes Find somewhere new to run, or do Park Run 5k	

<p>WEEK 3 Schedule 1 p2 Beginners Do you want to continue running with us?</p>	<p>TUESDAY B Up to 50 minutes Warm up to designated point Finish session with reverse trains for 10 minutes.</p>	<p>TUESDAY I Up to 60 minutes Run on a “point to point” route, waiting for all to catch up at each point Finish session with forward or reverse trains</p>	<p>THURSDAY B 20 minutes Easy running and walking I 20 minutes</p>	<p>SATURDAY or SUNDAY B 25 minutes Easy running and walking Try to run all the way I 30 minutes</p>	<p>How do you feel? Remember to put your thoughts in this box</p>
<p>WEEK 4</p>	<p>TUESDAY Hill session B Up to 50 minutes Warm up run to chosen hill and commence your session as soon as you arrive Return to the park by the shortest route</p>	<p>TUESDAY Hill session B 60 minutes Warm up run out to chosen hill and commence your session as soon as you arrive Return to the park by route of your choice</p>	<p>THURSDAY B 15 minutes recovery run I 20 minutes recovery run</p>	<p>SUNDAY B 30 minutes How long can you run for continuously? I Try a really long run, up to 6 miles and time yourself</p>	
<p>WEEK 5</p>	<p>TUESDAY B 50 minutes Short run out to an open space where we will meet I for Relays and Games : Out and back Meet and retreat Fixed point Spuds</p>	<p>TUESDAY I 60 minutes Short warm up run out to an open space where we will meet the B for Relays and Games</p>	<p>THURSDAY B 20 minutes I 20 minutes</p>	<p>SUNDAY B 30 minutes I 30 minutes or Park Run</p>	
<p>WEEK 6</p>	<p>TUESDAY B 50 minutes Time trial round 4 or 5 mile course</p>	<p>TUESDAY I Up to 75 minutes Time trial round 5 or 6 mile course Try to do the 6 mile/10k option</p>	<p>THURSDAY All Groups 20 minutes recovery run</p>	<p>SUNDAY All Groups 30 minutes or Park Run or race of your choice</p>	<p>Remember to collect your training schedule for the next 6 weeks</p>

END OF SCHEDULE 1