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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 <u>Schedule two.p1</u>	DAY 1 TUESDAY S and I	DAY 1 TUESDAY B	DAY 2 THURSDAY ALL GROUPS	DAY 3 SATURDAY or SUNDAY	How do you feel? Remember, 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. There will be rest points at intervals along the route. Help, advice and encouragement will be given at all times.	I Up to 60 minutes Fartlek Warm up run to an agreed point Choose markers: Lamp posts, Gates, Trees. Alternate Fast Efforts and Recoveries between markers Finish at a designated point Here the front runners run to the back of the group and jog in behind the last person	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 Warm up with 10 minutes easy running and walking to a wide quiet cul-de-sac or open space to meet I Do fixed point challenge B return to club after 10 minutes	TUESDAY I Up to 60 minutes Long warm up to join B Choose a partner you don't know In pairs run out to a fixed point When the front runner reaches this point you both turn back and race each other back to the start Keep changing partners	THURSDAY S 20 minutes Easy running and walking B 20 minutes	SATURDAY or SUNDAY S 25 minutes Easy running and walking Try to run all the way B and I 30 minutes	How do you feel?

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<p>WEEK 3</p> <p>Beginners Do you want to continue running with us?</p>	<p>TUESDAY B Up to 50 minutes</p> <p>Warm up run to a figure of 8 course Designate sections for efforts and recovery All run course for 10 minutes. S will return to club I reverse direction and continue to finish at same time as B and run back with slowest setting off first</p>	<p>TUESDAY I Up to 60 minutes Long warm up to join B on figure of 8 course Run course for 10 minutes clock wise then reverse direction for a further 10 minutes Time B so that they finish at same time as I B and I run back to club with slowest setting off first as on week 2</p>	<p>THURSDAY B 20 minutes Easy running and walking</p> <p>I 20 minutes</p>	<p>SATURDAY or SUNDAY B 25 minutes Easy running and walking Try to run all the way</p> <p>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</p> <p>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</p> <p>I Up to 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</p> <p>I 20 minutes recovery run</p>	<p>SUNDAY B 30 minutes How long can you run for continuously?</p> <p>I Try a really long run, up to 6 miles and time yourself</p>	<p>How do you feel?</p>
<p>WEEK 5</p>	<p>TUESDAY B Up to 50 minutes Short run out to an open space where we will meet I for Relays, Games : Out and back Meet and retreat Fixed point Spuds</p>	<p>TUESDAY I Up to 60 minutes Short warm up run out to an open space where we will meet I for Relays and Games</p>	<p>THURSDAY B 20 minutes</p> <p>I 20 minutes</p>	<p>SUNDAY B 30 minutes</p> <p>I 30 minutes or Park Run</p>	
<p>WEEK 6</p>	<p>TUESDAY B up to 50 minutes Time trial round 4 or 5 mile course</p>	<p>TUESDAY I up to 60 minutes Time trial round 5 or 6 mile course</p> <p>Try to do 6 miles/10k route</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 2