

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 incorporate 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	DAY 1 TUESDAY B & I	DAY 1 TUESDAY B	DAY 2 THURSDAY ALL GROUPS	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. There will be rest points at intervals along the route. Help, advice and encouragement will be give at all times.	I Up to 60 minutes Warm up. Run to a long stretch of trail or road Runners run hard ahead for up to 5 minutes, reverse direction and jog to back person, start another timed effort forwards. Repeat the sequence until designated finish point is reached. Rear runner does not reverse. Handicap the runners – slowest off first – on run back to club	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	

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WEEK 2	<p>TUESDAY B Up to 50 minutes Warm up with 10 minutes easy running and walking to a playing field or parallel streets to meet I Do hard efforts up and down the long side or street and walk a recovery across the short side or street Handicap the runners – slowest off first – on run back to club</p>	<p>TUESDAY I 60 minutes 15 minute warm up run to join B at playing field or parallel streets If desired, B and I may start out together, B at their own pace, join in the efforts when they arrive and leave earlier or return by a shorter route</p>	<p>THURSDAY B 15 minutes Running and walking to your new plan I 20 minutes</p>	<p>SATURDAY or SUNDAY B 20 minutes Run/walk I 30 minutes Find somewhere new to run, or do Park Run 5k</p>	<p>How do you feel? Remember to put your thoughts in this box</p>
<p>WEEK 3 Beginners Do you want to continue running with us?</p>	<p>TUESDAY B Up to 50 minutes Warm up run to meet I at a circular course. Choose partners, run round circular course until you meet partner. Hi 5 each other, turn back and race each other back to start.</p>	<p>TUESDAY I Up to 60 minutes Long warm up run to join B at a circular course, Choose partners, run round circular course until you meet partner. Hi 5 each other, turn back and race each other back to start. All run back to club on route of choice</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>	
WEEK 4	<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 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 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>	
WEEK 5	<p>TUESDAY B Up to 50 minutes Short run out to an open space where we will meet B for Relays and Games : Out and back Meet and retreat Spuds</p>	<p>TUESDAY I Up to 60 minutes Short warm up run out to an open space where we will meet the S and I 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>How do you feel? Remember to put your thoughts in this box</p>
WEEK 6	<p>TUESDAY B up to 50 minutes Time trial round 4 or 5 mile course</p>	<p>TUESDAY B up to 75 minutes Time trial round 5 or 6 mile course Try to do 6mile/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>