

COMPLETE BEGINNERS SCHEDULE.

Whatever your level of fitness you should comfortably be able to build from walking briskly 3x a week which you need to start doing yourself before you join the programme, to running continuously for 30 minutes in the space of 9 weeks. All you need to do is make a commitment to run at least 3x a week and follow this simple run/walk programme which will gradually ease you towards the goal.

A few things to bear in mind:

- Allow at least a day between runs when you begin
- If in doubt, slow down. You should be able to hold a conversation while you run. Respecting your body is the best route to progression.
- Walk purposefully, and be strict with your walk/run timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone is different.
- Take heart! You will get there!
- Always warm up with a brisk walk and running on the spot, star jumps etc

The schedules (All three times a week)

- **Week 1** Run 30 secs, walk 90secs repeat x10
- **Week 2** Run 1 min walk 90 secs x8
- **Week 3** Run 2 mins walk 1 min x7
- **Week 4** Run 3 mins walk 1 min x6
- **Week 5** Run 5 mins walk 2 mins x4
- **Week 6** Run 8 mins walk 2mins x3
- **Week 7** Run 12 mins walk 1 min x2
- **Week 8** Run 15 mins walk 1. Run 15
- **Week 9** Run 30 continuously

Always finish with stretches to the major muscle groups.

Useful addresses:

www.girlsruntoo.co.uk

www.runnersworld.co.uk

www.lessbounce.co.uk

www.jjbsports.com

Contacts. Evesham Vale Running Club

Colin Tether 01386 429141 colin.tether1@btinternet.com

Sylvia Davies 07805796452 sylvi.davies@tiscali.co.uk

Please be aware Evesham vale Running Club is a group of like minded people pursuing an activity they enjoy. We aim to help first time runners to achieve their goals, but it is the individuals' personal responsibility to make sure they are appropriately prepared to take up physical exercise. We advise you to seek medical advice before undertaking any physical exercise

PHONE NUMBERS OF YOUR NEW RUNNING FRIENDS