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**Beginners group schedule**

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| **Week (starting on Thursdays)** | **Training this week** | **Leaders** |
| 1. 15 June | * Brisk 5-minute warm-up walk. Then alternate 60 seconds of running with 90 seconds of walking, for a total of 20 minutes. Then 5-minute warm-down walk. * Same for all 3 sessions this week. | *Team A:* James Walsh, Helen Giffin, Sue Foot.  *Team B:* Linda Aird, Brian Judkins Astrid McKeown. Plus Sheila Leavy. |
| 1. 22 June | * Brisk 5-minute warm-up walk. Then alternate 90 seconds of running with 2 minutes of walking, for a total of 20 minutes. Then 5-minute warm-down walk. * Same for all 3 sessions this week. | *Team C:* Ellie Scott, Jo Harbon, Jen Naisbitt.  *Team D:* Phil Hunt, Joy Stroud, Richard Harbon.  Plus James Walsh |
| 1. 29 June | * Brisk 5-minute warm-up walk, followed by 2 repetitions of the following: 90 seconds of running, 90 seconds of walking, 3 minutes of running, 3 minutes of walking. * Same for all 3 sessions this week. | *Team E:* Lindsay Cook, Jeni Spurr-Jones, Monica Cullin.  *Team F:* Mark Draper, Laura Kimpton, Christine Sharp. |
| 1. 6 July | * Brisk 5-minute warm-up walk. Then 3 minutes of running, 90 seconds walking, 5 minutes running, 2 ½ minutes walking, 3 minutes running, 90 seconds walking, 5 minutes running. Then 5-minute warm-down walk. * Same for all 3 sessions this week. | *Team A:* James Walsh, Helen Giffin, Sue Foot.  *Team B:* Linda Aird, Brian Judkins Astrid McKeown. |
| 1. 13 July | Three different workouts this week.   * *Run 1:* brisk 5-minute warm-up walk, then 5 minutes running, 3 minutes walking, 5 minutes running, 3 minutes walking, 5 minutes running. * *Run 2*: brisk 5-minute warm-up walk, then 8 minutes running, 5 minutes walking, 8 minutes running. * *Run 3:* brisk 5-minute warm-up walk, then 20 minutes running, with no walking. | *Team E:* Lindsay Cook, Jeni Spurr-Jones, Monica Cullin.  *Team F:* Mark Draper, Laura Kimpton, Christine Sharp. |
| 1. 20 July | Three different workouts this week:   * *Run 1:* brisk 5-minute warm-up walk, then 5 minutes running, 3 minutes walking, 8 minutes running, 3 minutes walking, 5 minutes running. * *Run 2:* brisk 5-minute warm-up walk, then 10 minutes running, 3 minutes walking, 10 minutes running * *Run 3:* brisk 5-minute warm-up walk, then 25 minutes with no walking. | *Team C:* Ellie Scott, Jo Harbon, Becky Hayes.  *Team D:* Phil Hunt, Joy Stroud, Richard Harbon. |
| 1. 27 July | * Brisk 5-minute warm-up walk, then 25 minutes of running. * Same for all 3 sessions this week. | *Team E:* Lindsay Cook, Jeni Spurr-Jones, Monica Cullin.  *Team F:* Mark Draper, Laura Kimpton, Christine Sharp. |
| 1. 3 August | * Brisk 5-minute warm-up walk, then 28 minutes of running. * Same for all 3 sessions this week. | *Team A:* James Walsh, Helen Giffin, Sue Foot.  *Team B:* Linda Aird, Brian Judkins Astrid McKeown. |
| 1. 10 August | * Brisk 5-minute warm-up walk, then 30 minutes of running. * Same for all 3 sessions this week. | *Team C:* Jo Harbon, Jen Naisbitt, James Walsh  *Team D:* Phil Hunt, Joy Stroud, Richard Harbon. |
| 1. 17 August | To be decided depending on progress. | *Team A:* James Walsh, Helen Giffin, Sue Foot.  *Team B:* Linda Aird, Brian Judkins Astrid McKeown. |
| 1. 24 August | To be decided. Possibly 4km timed run to focus on even pacing. | *Team E:* Lindsay Cook, Jeni Spurr-Jones, Monica Cullin.  *Team F:* Mark Draper, Laura Kimpton, Christine Sharp. |
| 1. 31 August | Easy run before 5k on Saturday | *Team C:* Jo Harbon, John Auld, James Walsh  *Team D:* Phil Hunt, Joy Stroud, Richard Harbon. |
| Saturday 2 Sept | First Saturday of the Month 5k, Norton Common – and celebrate! | *All*  *NB Helen Govey & Sheila Leavy also available to lead.* |

* Beginners Group meets every Thursday at 7.15pm, in main reception at the Spirella Building, Icknield Way, Letchworth.
* Please try to complete 3 sessions of exercise every week – the Thursday session plus two more on your own or with other Beginners Group members.
* Rest days are vital. A rest day between each run will reduce the chace of injury and will alow your joints to recover. This is when your running muscles repair themselves and get strenger.

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* It’s great idea to add some other form of training (‘cross-training’), eg swimming, stretching, yoga, pilates.
* More info and podcasts on the NHS Couch to 5k webpage: <http://www.nhs.uk/Tools/Pages/Couch-to-5K-running-plan.aspx>