



Your training schedule will be approx. 30-45 minutes a session, **three times a week**, the second and third session in any week being a solo session, with friends or your group (a total of 23 sessions + a 5K). Club sessions will be every Tuesday, and we ask you to comply with the leaders whistle & instructions at all times, to ensure your safety and fitness throughout the programme. The programme will include guidance on breathing & running technique and help with niggles as your body adjusts to your new regime – please ensure your leader knows of any health or breathing problems, niggles or pain **BEFORE, DURING** or **AFTER** the session.

We will split you up into a number of groups & you will progress with your group. However, we are very aware of the task ahead and of peoples different abilities - your group leader will arrange a group change for those that progress too quickly or too slowly – we aim to make this programme **as comfortable as possible** for you.

You should **fill in the blank dates below** & maintain a record of your progress.

Week	Date	Activities	✓
1	Tues	Welcome & Introduction – 5 min march / 2 min jog – repeat x 4	
	Your session	7 min march / 3 min jog – repeat x 4	
	Your session	5 min march / 4 min jog – repeat x 4	
2	Tues	5min group march / 5 min jog – repeat x 3	
	Your session	5 min march / 6 min jog – repeat x 4	
	Your session	3 min march / 4 min jog + 3 min march / 5 min jog + 3 min march / 6 min jog	
3	Tues	4 min group march / 8 min jog – repeat x 3	
	Your session	March for 10 mins then jog back to starting point – repeat x 2	
	Your session	Repeat above	
4	Tues	8 min group march / 12 min jog – repeat x 2	
	Your session	5 min march - 12 min jog – 5 min march – 15 min jog	
	Your session	5min brisk march – 15 min jog – 5 mins brisk march	
5	Tues	5 mins brisk group march – 20 min group jog - 10 min warm down march	
	Your session	10 min march – 15 min jog – 10 min march	
	Your session	5 min march – 20 min jog – 10 min march	
6	Tues	Group jog – 30 mins - 5 min warm down march	
	Your session	10 mins brisk march - 25 mins Jog – 10 min warm down march	
	Your session	10 mins brisk march - 25 mins Jog – 10 min warm down march	
7	Tues	Fitness check – 5 mins brisk march - group jog for 40 mins – 5min warm down	
	Your session	5 mins brisk march - 35 mins Jog – 10 min warm down march	
	Your session	5 mins brisk march - 30 mins Jog – 10 min warm down march	
8	Tues	Final group jog 5 mins brisk march - group jog for 40 mins – 5min warm down	
	Final session	Jog for 20 mins – march for 5 – Stretch your legs & jog back to start (total 40mins jog) – Important! Rest for at least 2 days before graduation	
		GRADUATION DAY Longrun Meadow – 5K (3.1 miles) run – photos, medals & certificates	
9	Tues	Join an appropriate Taunton Running Club group	