



- Are we fit to run?
 - If you have any medical issues, see a doctor and get them to give the all clear to run
 - Bring any inhalers and prescribed medications with you
 - Always run sober

- Have we eaten and drunk enough food and water?
 - Eat a sensible meal 90 mins to 1 hour before running
 - Drink water throughout the day
 - Bring water with you

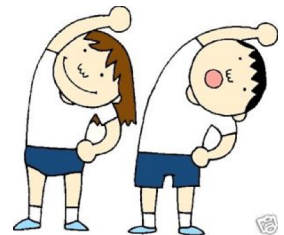
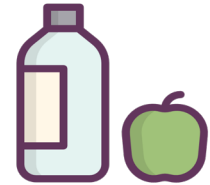
- Is our kit fit for purpose?
 - Trainers should fit well with enough room for the foot to expand
 - Clothing should be comfortable and suitable for running in
 - Bring clothing you can change into when you have finished running

- When will we run?
 - Our group will meet at 18:30 every Wednesday for 10 weeks
 - Try to spend 60 mins each day walking about over the next couple of weeks
 - If you run on your own, always tell people when/ where you are going

- Shall we just run?
 - Before we run, we should always warm up
 - Strong leg muscles will protect your hips, knees and ankles
 - We should always cool down after running

- How fast will we run?
 - Mo Farah doesn't need to worry about us
 - Our aim is to run 5km, the time doesn't matter at this stage
 - At a comfortable pace, we should be able to talk when we are running

- How much rest should we get?
 - A good night's sleep is essential to feeling good
 - After exercise muscles, are repaired when you are resting
 - If you have not run before, your muscles may feel sore at some point, this is normal





Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Walk 4 mins/ Run 1 min (x3)	Rest	Walk 4 mins/ Run 1 min (x3)	Walk 15 mins	Rest	Walk 2 mins/ Run 2 mins (x4)	Rest
2	Walk 4 mins/ Run 1 min (x3)	Rest	Walk 2 mins/ Run 2 mins (x4)	Walk 20 mins	Rest	Walk 2 mins/ Run 2 mins (x4)	Rest
3	Walk 2 mins/ Run 2 Mins (x4)	Rest	Walk 3 mins/ Run 3 mins (x4)	Walk 25 mins	Rest	Walk 3 mins/ Run 1 min (x4)	Rest
4	Walk 3 mins/ Run 3 mins (x4)	Rest	Walk 3 mins/ Run 3 mins (x4)	Walk 25 mins	Rest	Walk 3 mins/ Run 3 mins (x4)	Rest

