

GMFR Training Programme for Social Runners (SE Fitness Run Fitness Groups)

Who is this programme for?

This programme is for runners who can run for 50 to 55 minutes or about 4 miles at a steady pace. We call this group of runners Social Runners because conversation is an equally important part of the run! If you need help getting to this stage then you can join our regular Run Fitness Groups now.

What is the main aim of this programme?

The aim is to gradually build up the miles you run / the time spent running each week to get you to 8.5 miles.

What does success look like?

You cross the finish line with a great big smile on your face and you ran the whole route!

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Done (tick)
1	6 April 2015	3 mile	Rest	3 mile	Rest	Rest	4 miles (about 50 mins)	Rest	
2	13 April 2015	3 mile	Rest	3.5 mile	Rest	Rest	4.5 miles (about 55mins)	Rest	
3	20 April 2015	3.5 mile	Rest	3.5 mile	Rest	Rest	5 miles (about 1 hour)	Rest	
4	27 April 2015	4.5 mile	Rest	3.5 mile	Rest	Rest	5.5 miles (about 65 mins)	Rest	
5	4 May 2015	3.5 mile	Rest	4.5 mile	Rest	Rest	6.5 miles (70 to 80 mins)	Rest	
6	11 May 2015	4 mile	Rest	4 mile	Rest	Rest	7.5 miles (1hr20 to 1hr30min)	Rest	
7	18 May 2015	4 mile	Rest	4 mile	Rest	Rest	8.5 miles (1 hr 30 to 1 hr 40min)	Rest	
8	25 May 2015	3 mile	Rest	2.5 mile	Rest	Rest	Rest	Great Midlands Fun Run!!!!	

You made it! Well Done!

Social Runners - Here are some extra notes to support your training

- Remember to warm up with dynamic exercises such as marching and skipping and dynamic stretches like lunges.
- Run tall with relaxed shoulders, high hips and good posture.
- Always do some static stretches when you have finished.
- Rest is very important. Swap days if you need to but rest in between runs.
- Make the long run your priority.
- As the runs get longer you will feel tired. Try to maintain a running motion, even if it's very slow!
- The times are based on a pace of around 11 or 12 minutes per mile.
- You will need extra energy so eat complex carbohydrates such as brown bread and rice.
- Drink plenty of fluids during training and on the day (it's nearly always hot).

Dates highlighted in yellow are the SE Fitness training days which are a great chance to train with friends and pick up useful hints.

Meet Wyndley Leisure Centre 8.30 for 9.00am start.