

GMFR Training Programme for First Timers!

Who is this programme for?

This programme is for someone who can run for 30 to 40 minutes (2.5 miles) at a steady pace. Need help getting to this? You can join our regular running 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 all or nearly all of the route.

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Complete (tick)
1	6 April 2015	2.5 mile	Rest	2.5 mile	Rest	Rest	2.5 mile (30 to 40 mins)	Rest	
2	13 April 2015	2.5 mile	Rest	2.5 mile	Rest	Rest	3.5 mile (40 to 55 mins)	Rest	
3	20 April 2015	3.5 mile	Rest	3 mile	Rest	Rest	4.5 mile (50mins to over 1hr)	Rest	
4	27 April 2015	4 mile	Rest	4 mile	Rest	Rest	5.5 mile (1hr to 1hr15 min)	Rest	
5	4 May 2015	4 mile	Rest	4 mile	Rest	Rest	6.5 mile (1 hr 15 to 1 hr 30)	Rest	
6	11 May 2015	4 mile	Rest	4 mile	Rest	Rest	7.5 mile (1hr 30 to 1 hr 40)	Rest	
7	18 May 2015	4 mile	Rest	4 mile	Rest	Rest	8.5 mile (1 hr 40 to 2 hrs)	Rest	
8	25 May 2015	3 mile	Rest	2.5 mile	Rest	Rest	Rest	Great Midlands Fun Run!!!!	

You made it! Well Done!

First Timers - 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! If you do walk make it brisk and hold your good posture.
- The times are only a guide it depends on how fast you run.
- 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.