



Name.....



Training Schedule

Your 8 week training schedule will be approx. 30-45 minutes a session, **three times a week**, the 2nd and 3rd session in any week being a solo session or with other members of your group (a total of 23 sessions + a 5K). Club sessions are every Tuesday, and we ask you to comply with leaders whistle & instructions at all times, to ensure your safety and fitness throughout the programme. The programme includes 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.

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

Week	Date	Activities	✓
1	Tues 14 Jun	Welcome & Introduction – 4 min march / 2 min jog – repeat x 4	
	Your session	5 min march / 3 min jog – repeat x 4	
	Your session	5 min march / 4 min jog – repeat x 4	
2	Tues 21 Jun	5min group march / 5 min jog – repeat x 3	
	Your session	4 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 28 Jun	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 25 Jun	5 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 Jul	5 mins brisk group march – 20 min group jog - 10 min warm down march	
	Your session	5 min march – 15 min jog – 10 min march	
	Your session	5 min march – 20 min jog – 10 min march	
6	Tues 12 Jul	Group jog – 30 mins - 5 min warm down march	
	Your session	5 mins brisk march - 25 mins Jog – 10 min warm down march	
	Your session	5 mins brisk march - 25 mins Jog – 10 min warm down march	
7	Tues 19 Jul	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 26 Jul	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	
	Sun 31 Jul	GRADUATION DAY Longrun Meadow – 5K (3.1 miles) run – photos, medals & certificates	
9	Tues 2 Aug	Join an appropriate Taunton Fitness Club group	