



Name

Training Schedule – Spring 2024 – Head Coach Rob Stenhouse

Your eight-week training schedule will be approx. 30-45 minutes a session, three times a week, the 2nd and 3rd session in any week being solo or with other group members (a total of 23 sessions + a 5K).

Group sessions are every week, and I ask you to comply with the 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 coach 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 27 Feb	Welcome & Introduction – 3 min group march / 1 min jog – repeat x 6	
	Your session	2 min march / 1 min jog – repeat x 8	
	Your session	2 min march / 2 min jog – repeat x 4	
2	Tues 5 Mar	3 min group march / 2 min jog – repeat x 5	
	Your session	3 min march / 4 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 12 Mar	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 19 Mar	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 26 Mar	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 2 Apr	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 9 Apr	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 16 Apr	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 21 Apr	GRADUATION DAY – Longrun Meadow @ 11:00 5K (3.1 miles) run	