The HRR Beginners Running Guide

People start running for many different reasons; health, weight-loss, wanting to run a marathon or just returning to a sport that they enjoyed in their youth. Whatever the reason, the road ahead always seems very long and lonely and hopefully this is where this guide will come into play! Motivation along the way is also essential and this is where our club can also help ! Headington RoadRunners is an Oxford based running club with a very wide range of abilities, from elite to beginner runners and we pride ourselves on encouraging and helping anyone of any ability with their running. Read on and see what we can help you achieve!

Before you start running

- **Take a health check**: if you have any serious illness or are over 40 then we suggest that you consult your GP for a health check before starting running.

- **Get yourself a good pair of running shoes**: we recommend 'Up and Running' in Headington as a good place to get information on the types of shoes you will require. As a starting point, try on at least three different brands of shoe to see which you prefer and buy a mid-range priced shoe.

- **Wear comfortable clothes** which will allow you to move freely but don't over-dress as you will get hot when running. Wearing several layers when it starts to get cold in the winter will be useful as you can remove them if you feel hot.

- **Drink sufficient water** to counteract all that sweating, particularly in the summer months.

- **Run safely**: be aware of traffic and other road users and take the usual precautions about your own personal safety, particularly if you are female.

What is your current state of fitness?

If you are a complete beginner

We suggest that you start with schedule 1 below with a system of walking/jogging until you can do a session of 25-30 minutes, then join up with HRR and follow schedules 2 and 3 to get you running further.

If you are already doing some sports

You'll probably find you can already run or jog a few miles. In this case, you can probably spend a few weeks extending your running and gradually increasing the number of miles you do and the frequency of running. You should start with schedule 2 below, or if you find that too easy then schedule 3 will get you ready for full club runs.

If you already run, perhaps having done a 5km or 10km race

You are probably capable of joining club sessions immediately but to help prepare you, try a few weeks from the schedule 3 before coming along.

In all these cases, you can use the various club sessions to boost your motivation and confidence by joining the group warm-up (where you will learn how to warm-up, loosen up and stretch properly), getting advise from club members and meeting up with other runners after your run or at social evenings. In a few months you'll be feeling fitter, healthier and be able to join in all the running sessions at HRR.

Where to train?

The beauty about running is that you can run just about anywhere! However, some surfaces are better than others. We suggest that you do as much of your running as possible off-road; that is on football pitches, around parks or on paths and trails. This will make life easier for those joints!

Parks are always great places to train as there is no traffic and timing yourself on a set running route is easier. On the roads or on pavements you should watch out for traffic and other road users. We suggest that you have at least one set route which allows you to time yourself to measure your improvement. Members of the club will advise you as to where there are measured miles!

Ready to go?

Turn over and start your training by reading the schedules and advice they contain. Enjoy your training and we hope to see you at HRR

Schedule 1 : Complete beginners

This schedule will help you develop gradually so you can run continuously for a mile, then two miles and then more. The way to do that is to gradually increase the length of time in the middle of your workout spent jogging and decrease the number of walking breaks. We suggest that you do 45/30 (45 seconds jogging, 30 seconds walking), then 60/30, then 75/30, or 60/15 and we vary the routine so you don't get too bored. We also suggest that you try and work a little harder one day, then make the next an easier day and we also add occasional rest days when you do no walking and jogging. These can be complete rests or perhaps cross-training days when you do some other exercise.

Test yourself to see if you can run a half-mile continuously, then a mile. It won't happen overnight, but you should begin to see a gradual improvement in your physical fitness. What is important is that you take time to build up your running: you might feel that you can progress quicker, but you have to allow your muscles and joints time to adjust to their new workload, otherwise you will injure yourself. Below is a six-week training program for the first phase of conditioning. <u>Begin and end each workout by walking briskly for 10 minutes</u>. This pattern of warming up, training hard and then cooling down is one used by runners at all levels.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	rest or jog/run	jog/run 45/30	jog/run 30/30	jog/run 45/30	rest	.5 mile run	30 min walk
2	rest or jog/run	jog/run 60/30	jog/run 30/30	jog/run 60/30	rest	.75 mile run	30 min walk
3	rest or jog/run	jog/run 75/30	jog/run 30/30	jog/run 75/30	rest	1 mile run	45 min walk
4	rest or jog/run	jog/run 45/15	jog/run 30/30	jog/run 45/15	rest	1.25 mile run	45 min walk
5	rest or jog/run	jog/run 60/15	jog/run 30/30	jog/run 60/15	rest	1.5 mile run	60 min walk
6	rest or jog/run	jog/run 90/30	jog/run 30/30	jog/run 90/30	rest	1.75 mile run	60 min walk

If the above progression seems too difficult for you, either repeat the week you have just completed or drop back to the previous week before continuing. Only you can judge whether you are pushing too fast or too slow, but it's best to err on the conservative side. Also, there's nothing magic about which days you do which session - you decide what fits in with your other commitments. Once you have completed this schedule you can move onto schedule 2 and then 3!

Schedule 2: Getting you further

Following is an eight-week program aimed at getting your ready for a 5km race at the end of the training. This might be a local race, but HRR provide 4 races over the summer months that are great starters. You might also start attending other cross-training sessions such as circuit training or aerobics classes to help build your body strength and develop more stamina. If you are coming form a sports background and are starting with this schedule, you must remember that your fitness level will probably improve fairly quickly but that you should take things easy until your muscles and joints adapt to running.

<u>Begin and end each workout by walking 10 minutes</u>.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	rest or jog/run	1.5 mi run	rest or jog/run	1.5 mi run	rest	1.5 mi run	60 min walk
2	rest or jog/run	1.75 mi run	rest or jog/run	1.5 mi run	rest	1.75 mi run	60 min walk
3	rest or jog/run	2 mi run	rest or jog/run	1.5 mi run	rest	2 mi run	60 min walk
4	rest or jog/run	2.25 mi run	rest or jog/run	1.5 mi run	rest	2.25 mi run	60 min walk
5	rest or jog/run	2.5 mi run	rest or jog/run	2 mi run	rest	2.5 mi run	60 min walk
6	rest or jog/run	2.75 mi run	rest or jog/run	2 mi run	rest	2.75 mi run	60 min walk
7	rest or jog/run	3 mi run	rest or jog/run	2 mi run	rest	3 mi run	60 min walk
8	rest or jog/run	3 mi run	rest or jog/run	2 mi run	rest	3.5 mi run	60 min walk

Schedule 3: Getting you the Club

This schedule brings your mileage per week up to a level where you can now run further and more frequently. We recommend you keep your Thursday runs short so that you don't get carried away too much with the club runs! You might now find that you can also start joining in other club sessions on other days.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	rest or jog/run	2.5 mi run	rest or jog/run	2 mi run	rest	3 mi run	3 mi run
2	rest or jog/run	2.75 mi run	rest or jog/run	2 mi run	rest	3 mi run	3.5 mi run
3	rest or jog/run	3 mi run	rest or jog/run	2 mi run	rest	3 mi run	4 mi run
4	rest or jog/run	3 mi run	rest or jog/run	2 mi run	rest	3 mi run	5 mi run