



BEDFORD HARRIERS INDUCTION EVENING

MONDAY 9<sup>TH</sup> MAY 6.45PM

6.45	Welcome and introductions	Steve Gaunt (Club Chairman)
6.55	Beginners Sessions	Keith Lakin
7.05	10 Minute Sessions	
	Group Structure	Jeanette Cheetham
7.15	Club Membership	Jacinta Horne (Memship Sec)
7.25	Warming Up/Aims/Goals	Steve Gaunt
7.35	More About Bedford Harriers	Keith Lakin
7.40	Questions	All

## BEDFORD HARRIERS INDUCTION NOTES

### WHY?

One question you are going to ask yourself time and again is: WHY am I doing this?

- to lose weight
- to make friends
- to get fit
- to feel better/look younger

*Running will help you achieve all of these  
and more!*

Whatever your reason you will need to be specific, open and honest, not only with yourself, but those (family and friends) who question your sanity.

1. Establish your GOALS: short term (next few months) and long term (next year).
2. List them – in clear, measurable statements
3. Make them SMARTER – **S**pecific **M**easurable **A**ttainable **R**ealistic **T**imely **E**njoyable **R**ewarding: for example –

*“ I Woody B Runner will run 1 mile non-stop by 13 June 2011. I will celebrate by eating chocolate cake and drinking red wine”*

Running is unlikely to achieve your goal all on its own and you need to think about a few other important things like: food, drink, clothing, stretching, core strength and finally, your own safety and that of others.

### DIET

You are what you eat. This is particularly true of athletes/runners. To run any distance your body needs to draw on stored energy. This is a very complex process so to keep it simple, let us accept that the body gets its long-term energy from Complex CARBOHYDRATE.

#### Your diet should consist of approximately:

- 60% complex Carbohydrate – pasta, rice, bread, potatoes, fruits, vegetables and breakfast cereals. (Simple Carbohydrates – refined sugars, jams, honey, sweets and cakes are not good sources of long term energy.)
- 20% Protein – fish, dairy products, meat and nuts are all good sources of protein, which is essential for repairing and maintaining the body.
- 20% Fat – yes, Fat is an essential part of our diet and is needed to store nutrients and supply energy.
- Remember that 1 gram of carbohydrate or protein contains 4 calories while 1 gram of fat contains 9 calories. So the above proportions must be based on **calorie intake, not weight**

#### Some general guidance on good eating:

- Variety – eat as many different things as possible. (Eat foods from each of the major food groups: dairy, meat, vegetable, fruit and grain) every day
- Often – eat little and often, this actually helps to burn calories and keeps your metabolism going.
- Always eat breakfast, lunch and an evening meal.
- Graze between main meals on fruit, nuts, raw vegetables and low fat cereal bars.
- Eat starchy carbohydrate foods, less fat, sugar and salt.
- Eat some carbohydrate immediately after training (a banana or tuna sandwich).

Finally, to lose weight you simply need to burn more calories than you consume. The Department of Health recommends an average daily intake of 1940 calories for women and 2550 for men. Regular exercise will demand more calories, so keeping your calorie intake the same but increasing your exercise level should lead to a loss of weight. Be careful to maintain a healthy balance, if you eat unwisely or eat too little you will not be able to exercise effectively and will impact your immune system, making yourself ill.

## **DRINK**

Sorry, we're talking about WATER. Most people don't drink enough water and spend the best part of their lives in a state of dehydration. Normally, this does not really matter, but to an athlete / runner it is very important. A relatively small % loss of body fluid can reduce your performance and a significant loss could have health implications.

**But don't rush out and drink gallons of water as over hydration can also have health implications. Here, therefore, is some advice about how to keep hydrated:**

- drink little and often
- drink more when exercising/training
- drink a small amount before training or racing
- drink immediately after a training session. So have a drinks bottle with you or at least in your kit bag.

Water is obviously the cheapest and easiest but many sports drinks are also available. However, you should be careful at first as many sports drinks contain a lot of sugar and are meant for specific purposes. You may have heard the term isotonic (Isostar is a well-known brand name). This means that the fluid has the same concentration as body fluid and is absorbed at the same rate or slightly faster than water. This is good for general all round use (before, during and after exercise). As you run longer distances and become more sophisticated in your training, you may want to explore energy replacement drinks containing carbohydrate, but more of this later.

A simple home-made isotonic drink recipe is: 300mls of pure orange juice, a pinch of salt topped up to a litre with water. The salt (or sodium) is very important in replacing salts lost through sweating. As you begin a simple bottle of water will be fine!

## **CLOTHING**

Much of this is common sense, but it is worth mentioning a few key points. You are about to become a 'runner', a special breed of individual revered and admired by other human beings, so **LOOK THE PART**. Above all, clothing should be comfortable, loose fitting and durable. There is a lot of good, reasonably priced running gear available, much of it specifically designed for certain weather conditions – keeping you warm and dry when it's wet and cold, and cool when it is hot.

Examples of club kit will be available on the night and is available to purchase from the club (details on our website). As a club member you will often get a discount on kit from running shops eg Sweatshop and No Limitz, and when you enter a race as a BEDFORD HARRIER. You must wear the club colours when you race.

Probably the most important part of your running kit is your shoes. Good shoes will help to prevent the problems of bad knees, aching back, sore shins that you hear people complain about. They are not cheap, but well worth the investment. The best sports shops to go to are those that do an assessment of your running style. Advice on all aspects of running can be found on the Runnersworld website or in the Runnersworld magazine, which is an excellent read for those starting out on the running and fitness road. Follow this advice and you won't go far wrong. Good socks are also very important to stop blisters and to give that extra support. Very necessary support can also be gained from a good sports bra.

One very important piece of advice at any time of year is to wear something bright and visible.

**BE SEEN, BE SAFE** is a good maxim. High visibility vests are available from the club and are mandatory on club nights in the winter months.

## **WARMING UP AND COOLING DOWN AND CORE STRENGTH**

Finally, you will be introduced to a number of stretching routines as part of the 'programme'. Warming up before you begin to exercise is very important. As important is a gentle, structured cool down afterwards.

Begin each session by gently jogging and doing a few basic dynamic stretches to warm the major muscle groups beginning from the head down. Major muscle groups include your shoulders, abdomen, back, thighs, hamstrings and gluteals (buttocks). These stretches take only about 10 seconds each and should be preceded by a good warm-up.

At the end of your session cool down, possibly by walking or jogging the last few hundred metres. We will do some core strength exercises and then a stretching routine taking about 20 seconds for each of the stretches. A routine like this will help to stop you being stiff the next day and help towards building good core strength.

**If you have any questions any of the Harrier's coaches will be pleased to help.**

**TYPICAL – INDUCTION SCHEDULE MAY 2011**

<b>DAY</b>	<b>DATE</b>	<b>ACTIVITY</b>	<b>NOTES</b>
Mon	<b>9 May</b>	Non Running Induction Evening	
Wed	11	Run 2 Mins Walk 1 Mins X 8	
<b>Sat/Sun</b>	14- 15	Run 2 Mins Walk 1 Mins X 8 (Home)	
Mon	16	Run 4 Mins Walk 2 Mins X 5	
Wed	18	Run 4 Mins Walk 2 Mins X 5	
<b>Sat/Sun</b>	21- 22	Run 5 Mins Walk 2 Mins X 5 (Home)	
Mon	23	Run 6 Mins Walk 2 Mins X 4	
Wed	25	Run 8 Mins Walk 2 Mins X 3	
<b>Sat/Sun</b>	28-29	Run 8 Mins Walk 2 Mins X 3 (Home)	
Mon	30	(Bank Hol) Run till tired, rest repeat (Home)	Record how long you ran for
Wed	<b>1 June</b>	Run 10 Mins Walk 2 Mins X 3	
<b>Sat/Sun</b>	4-5	Run for 15 mins (Home)	
Mon	6	Run 15 Mins Walk 5 Mins Run 10 Mins	
Wed	8 *	Run 20 Mins	
<b>Sat/Sun</b>	11-12	Run 20 Mins (Home)	
Mon	13	<b>1 Mile timed run</b>	
Wed	15	Embankment – shuttle runs, speed work	
<b>Sat/Sun</b>	18-19	Run 25 Mins (Home)	<b>Fri 18 – Forest 5K Marston</b>
Mon	20	Run 20 Mins Walk 5 Mins Run 10 Mins	
Wed	22	Run 20 Mins Walk 5 Mins Run 15 Mins	
<b>Sat/Sun</b>	25-26	Run 20 Mins (Home)	
Mon	27	Run 20 Mins Walk 5 Mins Run 20 Mins	
Wed	29	Hill Session – Castle Mound	
<b>Sat/Sun</b>	<b>2-3 July</b>	Run 30 Mins (Home)	
Mon	4	Steady run Riverside & Marina	
Wed	6	Run 30 Mins Walk 5 Mins Run 20 Mins	
<b>Sat/Sun</b>	9-10	Run 35 Mins (Home)	
Mon	11	Priory Marina – shuttle runs, speed work	
Wed	13	<b>1 Mile timed run</b>	
<b>Sat/Sun</b>	16-17	Run 40 Mins (Home)	
Mon	18	Run 40 Mins Walk 5 Mins Run 20 Mins	
Wed	20	Run 30 Mins Walk 5 Mins Run 30 Mins	
<b>Sat/Sun</b>	<b>23-24</b>	Run 30 Mins (Home)	
Mon	25	Embankment – shuttle runs, speed work	
<b>Wed</b>	<b>27</b>	<b><u>DOUG ANDERSON 5k</u></b>	<b>Club Championship 5k</b>
* Track booked by other user			
<b>SUMMER – Continue training, including joint sessions, with a view to merging with existing groups.</b>			

**NOTES:** Use the column on the right to record your activity; it is always a good idea to keep a training log to measure your improvement. It can be particularly motivating to look back and see how far you have progressed in a comparatively short time.

This schedule is very much for beginners. As you improve or indeed if you are naturally able then you will be encouraged to move in to one of the other ability groups.

## Ten minute group - 2011

Date/Coach	SESSION
11 <sup>th</sup> May	Butterfly bridge turnaround  1 x 10 mins  2 x 15 mins  = 40 mins  Recovery between runs 5 mins *once all runners have re-grouped.
16 <sup>th</sup> May	Butterfly and Suspension bridge turnaround  1 x 10 mins  1 x 15 mins  1 x 20 mins  = 45 mins  Recovery 5 mins *
18 <sup>th</sup> May	Butterfly and Suspension bridge turnaround  1 x 10 mins  2 x 20 mins  = 50 mins  Recovery 5 mins *
23 <sup>rd</sup> May	Town bridge loop, plus butterfly or suspension bridge  1 x 40 mins
25 <sup>th</sup> May	Run to Marina. Lap of the lake. Rest. Second lap of lake. Warm down back to club.

## GROUP STRUCTURE

Beginners will be coached primarily by Keith Lakin and Darren Cimelli as previously mentioned. Anyone able to run between 10 and 35 minutes is welcome to join the "10 minute group" coached primarily by me, Jeanette Cheetham. Both schedules are included on the next two pages of this pack.

- Nette will be your coach in the first instance with help from several other coaches and some other experienced runners.
- We will meet by the drinks and sweets machine BEFORE the warm up on Wednesday
- Anyone who does less than 10 minutes will meet Keith and his team on the track on Wednesday night
- If unsure of ability, start on the track with Keith and team and they will advise

The club has 40 UK Athletics qualified coaches in 10 established groups from beginners to 'elite'.

- Our first established group is split in to two, any easy session and a harder session, giving new runners, or returning runners, a chance to settle into their running
- Anyone who can already run for 40 minutes you could try our easy session. The schedule for this group and the harder group are is also included in this pack.

## Harriers nights/schedules/groups

- Bedford Harriers train on Mondays & Wednesdays with warm up commencing at 6.30 and then we split into groups depending on ability.
- On a Friday night there is a track session in the summer and circuits in the winter beginning at 6.30
  
- Schedules for Mon/Wed nights are in the glass cabinets and on website as are the Friday track sessions during the summer.
  
- All groups do a variety of sessions, designed to improve your overall running and prepare you for races if you wish to do any. The main types are hills, tempo (longer distance of sustained speed), speed repetitions, track runs and off road runs in the summer
  
- Once your ability improves you can run with any group any night as you choose. You will be encouraged to move up through the groups as you improve but will not be pushed to do so. Coaches will be happy to advise you to help you find a group that suits your increasing ability or training requirements
  
- all 'beginners' will have moved into an established groups by August/September

Weekend runs are also available, ask your coach or see website message board. In addition we have an excellent Coaching Development programme once you have been with the club for a time.

### 8. Finally -

- coaches in the beginners and intermediate groups wear green vests or yellow fluorescent bibs .
- any questions about your training or schedules etc. speak to a coach
- for a confidential chat about a coach, your training or Bedford Harriers in general see Keith or Nette

If you find you have questions between now and Wednesday, email [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk) and we endeavour to answer you in a timely fashion.

## MEMBERSHIP

As a new runner with Bedford Harriers you may gain entrance to the stadium free of charge for four weeks. In order for this to happen you will need to fill in the form on the reverse of this page.

You will see that we have included some points about the safety of running in a group which is good practice. This is for you to keep and you can take these good practices with you once you progress from beginners.

- ✚ Section **A** needs to be completed and brought with you to each session to show to stadium staff so that they will allow you access to the warm up area. If you do not have this with you, you may be charged the daily rate.

- ✚ Section **B** should be filled in and given back to your coach on your first session.

Once I have your registration form I will email you a welcome note with a reminder of what date your four weeks is finished. We have a committee meeting on the first Monday of every month at which we approve new members. I will attach the membership form to the email so that you can fill it in and have it ready.

- ✚ Membership of Bedford Harriers is £15 for the year.

- ✚ An annual stadium user pass is £87 and is essential for anyone making use of any the facilities set out below. The annual user pass runs from 1<sup>st</sup> April to 31<sup>st</sup> March.

# Best Practice When Group Running

Please be advised of our group practises.

1. Start and finish **together** on all sessions
2. If you need to finish early let the group leader know that you are leaving
3. All runners must abide by coaches instructions, which will include running to the back of the group at regular intervals to re-group and keep all runners motivated. Runners at the back are working just as hard as those at the front and deserve equal amounts of rest. If running back seems tedious, you may need to go to the next group up for more of a challenge (they won't eat you!).
4. Wait at traffic lights until **all** the group are there **before** pressing the button.
5. Re-group **before** we reach a zebra crossing, as drivers/cyclist may be confused if we run up to it then away from it to re-group.
6. **All runners** - if you have to dodge an obstacle or see an obstacle up ahead, please shout out loud to the people behind who may not have seen it. **Example** - "BIKE - KEEP LEFT".
7. If running in the dark, white clothing and reflective bibs or clothing must be worn. (Applicable to runs that start in the light but become dark later.)
8. Always look out for cycles, especially on dual purpose pavement/cycle paths, and shout as per point 6 if necessary.
9. All runners have a **4 week free period** and then must apply for Bedford Harriers membership please see your coach, the notice board or the web site for details.

**Your safety is paramount. If these practices are neglected then the group numbers will have to be minimised for safety reasons.**

.....  
A NAME \_\_\_\_\_ TRIAL PERIOD START DATE 11/05/11

Coaches signature \_\_\_\_\_

Use this pass to gain entry to stadium

.....  
DATE OF FIRST RUN \_\_/\_\_/11      END DATE \_\_/\_\_/11      JOIN BY \_\_/\_\_/11

B NAME \_\_\_\_\_ COACH \_\_\_\_\_

EMAIL ADDRESS (capitals please) \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_

Please pass to your Coach