



BEDFORD HARRIERS INDUCTION EVENING

MONDAY 23RD APRIL 6.45PM

6.45 Welcome and introductions	Steve Crane (Chairman)
6.55 Useful info to get new runners started	Noel Jones
7.05 Harriers Running Nights Choices for first night	Jeanette Cheetham
7.15 Club Membership & stadium pass	Jacinta Horne
7.25 Warming Up/Aims/Goals	Jen Lovesey
7.35 More About Bedford Harriers	Jen Lovesey
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 – Specific Measurable Attainable Realistic Timely Enjoyable Rewarding: 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 1gram 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 and a spoonful of sugar topped up to a litre with water. The salt (or sodium) is very important in replacing salts lost through sweating and the sugar makes it palatable. 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 its 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.

YOUR CHOICES FOR WEDNESDAY 25TH APRIL

Our first established group is split in to two, an "easier" 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 should join the "easier" session. (See (A) below for meeting place.)

Anyone able to run between 10 and 35 minutes should join the "10 minute group" coached primarily by Jeanette Cheetham (Nette). The sessions will be local and tailored to meet your ability. (See (B) below for meeting place.)

Anyone who is not yet up to running for 10 minutes should start with Noel Jones and his team in the "Beginners group" on the rugby pitches on Wednesday night. The beginners group will cater for those able to do the least but will be open to anyone who can run less than 10 minutes. Some will find beginners easy to start with but we cannot stress enough the importance of easing yourself in to running and suggest this is the group for you if you cannot yet run for 10 minutes. If you are unsure of your ability, start here and we will be able to assess you and advise accordingly. (See (C) below for meeting place.)

The schedules for these groups are included in this pack.

Meeting up;

(A) For your first night on Wednesday, anyone wanting to join our easier session (i.e. can already run for 40 minutes without stopping) please find David Prior in the reception area. He will explain what is happening that night, and what normally happens on a club night.

(B) The "10 minute group" (those that can run between 10 and 35 minutes without stopping) will meet Nette by the stairs to the left of reception at 6:30pm.

(C)The "Beginners" group will meet Noel outside on the (blue / yellow) seats at 6:30. Walk through the stadium and out to the track at the back.

If you have any questions on arrival please ask any person in a "COACH" bib.

HARRIERS NIGHT

Bedford Harriers train on Mondays and Wednesdays with warm up commencing at 6.30. We then split into groups depending on ability.

The club has 28 UK Athletics qualified coaches and 9 established groups from beginners to 'elite'.

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 the 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 choose to run with any group, on any club night. 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. You can also move back down as often as you need to, to recover from injury or to rest if you have raced or are tired for any reason.

'Beginners' have usually moved into an established groups by August or September.

Weekend runs are also available. Details can be found on the website or you can ask your coach for details.

Bedford Harriers also have an excellent Coaching Development programme once you have been with the club for a time

Coaches in the beginners and intermediate groups wear green vests, yellow tee shirts or yellow fluorescent bibs. If you have any questions about your training or schedules etc. please speak to any coach.

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

W = Walk
R = Run

	Date	Session	Total Running	Approx Mileage	Approx weekly mileage	Comments
Week 1	25th April	1 W2, R1 x 3, W2, R2 x 2	7 mins	0.70		
wb 23/4/12	27/28th April	2 W2, R2 x 5	10 mins	1.00	1.70	
Week 2	30th April	1 W1, R2 x 5	10mins	1.00		
wb 30/4/12	2nd May	2 W2, R3 x 4	12 mins	1.20		
	4/5th May	3 W2, R3 x 4	12 mins	1.20	3.40	
Week 3	7th May (BH)	1 W1, R3 x 2, R4 x R2	14 mins	1.40		
wb 7/5/12	9th May	2 W1, R3 x 5	15 mins	1.50		
	11/12th May	3 W2, R4 x 3	12 mins	1.20	4.10	
Week 4	14th May	1 W2, R4 x 4	16 mins	1.60		
wb 14/5/12	16th May	2 W1, R3, W1, R4 x 2, W1, R3	17 mins	1.70		
	18/19th May	3 W1, R4 x 4	16 mins	1.60	4.90	
Week 5	21st May	1 W2, R6 x 3	18 mins	1.80		
wb 21/5/12	23rd May	2 W2, R5 x 4	20 mins	2.00		
	25/26th May	3 W1, R5 x 4	20 mins	2.00	5.80	
Week 6	28th May	1 W1, R6 x 3	18 mins	1.80		
wb 28/5/12	30th May	2 W2, R8, W2, R8	16 mins	1.60		
	1/2nd June	3 W2, R8, W2, R8	16 mins	1.60	5.00	

	Date	Session	Total Running	Approx Mileage	Approx weekly mileage	Comments
Week 7	4th June (BH)	1 R 10	10 mins	1.00		
wb 4/6/12	6th June	2 W2, R6 x 4	24 mins	2.40		
	8/9th June	3 R 10	10 mins	1.00	4.40	
Week 8	11th June	1 W2, R6 x 4	24 mins	2.40		
wb 11/6/12	13th June	2 W1, R5 x 4	20 mins	2.00		
	15/16th June	3 W1, R6 x 3	18 mins	1.80	6.20	
Week 9	18th June	1 R12	12 mins	1.20		
wb 18/6/12	20th June	2 W1, R7 x 2, W1, R5 x 2	24 mins	2.40		
	22/23rd June	3 W1, R5 x 5	25 mins	2.50	6.10	
Week 10	25th June	1 W1, R7 x 3	21 mins	2.10		
wb 25/6/16	27th June	2 W1, R7 x 4	28 mins	2.80		
	29/30th June	3 W1, R6 x 3, W1 R5 x 2	28 mins	2.80	7.70	
Week 11	2nd July	1 R 15	15 mins	1.50		
wb 2/7/12	4th July	2 W2, R10 x 2	20 mins	2.00		
	6/7th July	3 W1, R10 x 2	20 mins	2.00	5.50	
Week 12	9th July	1 W1, R10 x 2, W1, R5 x 2	30 mins	3.00		
wb 9/7/12	11th July	2 W1, R8 x 3	24 mins	2.40		
	13/14th July	3 R15, W2, R5	20 mins	2.00	7.40	

Ten minute group - 2012

Date/Coach	SESSION
Wednesday 25 th April Nette/Jen	Butterfly bridge turnaround 2 x 10 mins 1 x 15 mins = 35 mins Recovery between runs are always 5 mins once all runners have re-grouped.
Monday 30 th April Nette/Ange	Butterfly and Suspension bridge turnaround 1 x 10 mins 2 x 15 mins - suspension bridge = 40 mins
Wednesday 2 nd May Nette/Jen	Butterfly, suspension bridge, town bridge turnaround 1 x 10 mins - suspension 1 x 15 mins - suspension and butterfly 1 x 20 mins - town bridge = 45 mins
Monday 7 th May	BANK HOLIDAY Home work 4 x 10 mins with 5 mins recovery between each.
Wednesday 9 th May Jen Run straight from club	Town bridge (Walk to road crossing and start timing after crossing Barkers Lane) 1 x 15 mins 1 x 20 mins 1 x 15 mins = 50 mins
Monday 14 th May Nette/Ange Warm up with rest of club	Barkers Lane, Goldington Rd, Newnham Ave 2 x 20 mins 1 x 10 = 50 mins
Wednesday 16 th May Jen	Embankment (Walk to road crossing and start timing after crossing Barkers Lane) 1 x 30 mins 1 x 15 mins = 45 mins
Monday 21 st May Nette/Ange	Embankment (Walk to road crossing and start timing after crossing Barkers Lane) 1 x 40 mins 1 x 10 mins = 50 mins
Wednesday 23 rd May Nette/Jen	Run to Marina. Lap of the lake with pace inc from gate to car park. Rest. Second lap of lake with 30 seconds of pace inc every 2 mins. Warm down back to club.
Monday 28 th May Nette/Ange	Timed 5k run at the Marina
Wednesday 30 th May Nette/Jen	Fish and chip run from Jen's (with one or two hill reps?).

EXAMPLE OF TRAINING SCHEDULE
Jacinta Horne, Jeanette Cheetham, David Prior,
Alex Rothwell, Noel Jones, Keith Lakin, Ange Bright

Day	Date	Training Summary	Training Detail
Mon	Apr 02	Intervals – Harder DAVID Easier CINT	HARDER - Interval run, with pace increases up to 8 mins grassy areas by the river. Approx 6 miles. EASIER - 1.5 mile warm up to Embankment flower beds. Speed work round flower beds and Castle Mound. Warm down back. Approx 5.5 miles.
Wed	Apr 04	Hills – Harder NOEL Easier NETTE	HARDER – Continuous steady run taking in the local hills. Approx 6.5 miles EASIER - Warm up to Putnoe. Fig of 8 round loop, some partner work and some cat and mouse if time. Approx 4.5 miles.
Mon	Apr 09	Bank Holiday – No Sessions	
Wed	Apr 11	Tempo – Harder NOEL Easier DAVID	HARDER – Warm up and tempo run using Willington track. Overall approx 6.5 total EASIER - Tempo of 2.5 miles using Willington track. Approx 4.5 miles in total.
Mon	Apr 16	Hills – Harder CINT Easier ALEX	HARDER - from Cint's house, 33 Harter Rd Kempston. 6.30 for 6.45 start. Approx 6 - 7 miles of steady hills. EASIER - Warm up to Bedford Park. Pyramid hill session on footpath to Robin Hill. Warm down back to club. Approx 6 miles.
Wed	Apr 18	Steady – Harder NETTE Easier NOEL	HARDER - Embankment and river to Hillgrounds, Spring Road, Progress Way, Elstow Rd, Acacia Ave, Oasis footpath. Approx 6.5 – 7 EASIER – Embankment, Kimbolton Road, Polhill Ave. Approx 4.5 miles.
Mon	Apr 23	Intervals – Harder DAVID Easier KEITH	HARDER - Warm up to finger lakes. Pace increases around lakes, plus some pairs work. Approx 6 miles. EASIER - Warm up to Scout Hut on Polhill. 4 x loops of footpath, Barnstaple Rd, Polhill Ave. Cool down Caves Lane, George St, Embankment, Club. Approx 5+ miles.
Wed	Apr 25	5K Time Trial – (New inductees with DAVID)	Club timed run at Priory Marina. All groups to participate.
Mon	Apr 30	Intervals – Harder NOEL Easier ALEX	HARDER – Various long intervals. Riverfield, Norse Rd, Wentworth Dr, Putnoe Ln/ST, Church St, Newnham Ave. Approx 6.5 miles EASIER - Warm up to Riverfield Drive Meadows. Speed work between foot bridges. Short warm down back to club. Approx 5 miles.

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 or, if you know you will be back on Wednesday, tonight would be good.

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 for the date advised if you decide to join.

- ‡ Membership of Bedford Harriers is £20 for the year and is renewable after twelve months.
- ‡ An annual stadium user pass is £63.33 and is essential for anyone making use of any the facilities set out on the next page. The annual user pass runs from 1st April to 31st 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.

.....
NAME _____ TRIAL PERIOD START DATE 25 / 4 / 12

Official signature _____ CINT _____

Use this pass to gain entry to stadium

.....
DATE OF FIRST RUN 25/4/12 END DATE 23/5/12 Join by 11/6/12

NAME _____ COACH BEG /10 MINS/ _____

EMAIL ADDRESS (capitals please) _____

TELEPHONE NUMBER _____

Please pass to your Coach

As a member of Bedford Harriers who wishes to attend training and use the facilities you will need to purchase an annual stadium user pass. At £63.33* per year this represents very good value for those able to use the stadium at every available opportunity and is still comparatively good value for those only able to attend once a week. As an annual user pass holder you have access to the following –

- ❖ Large car parking area
- ❖ Changing rooms, showers and toilets
- ❖ Lockers
- ❖ Indoor warm up area
- ❖ Outdoor warm up area
- ❖ Cabinets and notice boards to keep members up to date.
- ❖ Area for use of circuit training or other indoor training (on request)
- ❖ Indoor cool down area
- ❖ Outdoor cool down area
- ❖ Bar serving food
- ❖ Subsidy for gym
- ❖ Liability insurance

As a club we benefit from –

- ❖ Rooms in which to hold many meetings including;
 - Committee
 - Coaching
 - Planning
 - Race management
 - Social planning
 - Team management
 - Triathlon
 - Sub committees
- ❖ Storage
 - Kit
 - Race equipment

To finish I would just like to add a reminder of the location of the stadium and routes that can be accessed easily from the stadium. Not to mention in the summer when we are able to enjoy the embankment, the parks and the marina.

We do hope that all Bedford Harriers who now regularly attend training purchase an annual user card and continue to use the superb facilities. Please ask the stadium reception for an application form to fill in and mail with your membership cheque.

*Annual user card runs from 1st April to 31st March. Concessions are available at £31.67

More About Bedford Harriers

As well as running and racing there is a highly social side to our club. On the running side our own group regularly get together for -

- ❖ A evening in the pub
- ❖ A quiz night with questions supplied by the group
- ❖ A pizza run
- ❖ A fish and chip run
- ❖ A Christmas do
- ❖ A chat around a table at the beer festival

In addition to that as a club we hold -

- ❖ A quiz night
- ❖ A mile timed run for the club charity of the year
- ❖ A Christmas get together
- ❖ An awards night

We also arrange race trips to e.g. -

- ❖ Brussels marathon/half marathon
- ❖ London marathon
- ❖ Yarmouth half marathon
- ❖ Amsterdam marathon/half marathon/10k
- ❖ Peterborough half marathon

In addition to these we have an active message board and several weekend running groups. On a Wednesday club night you can also order food before your run or just enjoy the company of many people from many different groups up in the bar after training.

We hope you find Bedford Harriers a friendly and sociable bunch of runners.

Aims / Goals

Everyone has their own personal reasons for wanting to run and these reasons come from many different sources of motivation:

- To lose weight
- To get fit
- To complete a race
- Because the other half does it (the 'if you can't beat 'em join 'em' reason)
- It's my 'me' time
- To socialise
- Etc...etc...

You may find that running becomes part of who you are and not doing it, through injury etc, means that you lose that part of yourself, the climbing the wall syndrome!

Racing

This is NOT compulsory!! However, racing takes you to another part of the running community which is very supportive of runners of ALL abilities. Racing helps to set a goal or target that can keep you motivated when it's cold / wet / too hot, you're tired...

Racing does not have to mean doing a marathon for your first race. There are loads of races that range from 5km upwards. The Parkruns are also a great way of being part of a 'race' without some of the perceived pressures that you may associate with races. See <http://www.parkrun.com/home> for details.

Other races such as Race for Life are a good introduction to racing.

If you do decide to enter a race, let your coach know so that you can discuss your training. Other people in your running group may also be able to help you, not only on the actual running, but with hints and tips for practical preparation.

The Bedford Harriers website has a section called fixture list where you can find many local (and not so local) races. Runners World and other such magazines also list races.

As a club, we identify races that we call club championship races. For example, the 5km club championship race this year is the Doug Anderson 5km in July and the 10 mile championship is the Leighton 10 in September. Members can 'race' against other Harriers as well as participating in the main race of course.

Cross country

The cross country season starts in October. Bedford Harriers is part of a local league of clubs participating in this league, with races being held every few weeks. These are free to enter, generally involve a bit of mud, are not over 5 miles in distance and there is always free tea and cake at the end. Other races include the Ampthill Trophy, the races at Parliament hills, or the local Squeaky Bone race.

Standard Awards

These are also something to provide a goal / target throughout the year. They are calculated by the percentage of achievement for a given distance for your age against the World best time recorded for that distance.

There are nine levels of Standard Awards. These **include**:

Club Standard: Finish in 4 races at any distances (multi-terrain included)

Bronze Standard: 4 of the 6 race times at 60% to 64.9% age graded scores

Crystal Standard: 4 of the 6 race times at 85% or over age graded scores

The standard award year runs from the Monday after the 1st Sunday in December to the following 1st Sunday in December.

To gain the standard award you must complete 6 races over various distances ranging from 10km or shorter up to marathon, with no more than 2 at any distance. The four best age graded scores are used to calculate your standard award. Further details are in the Standard awards and club championship section of the website.

Warming Up / cooling down

Warming up and cooling down are included in each session. The aim is to prevent injury and to allow your body to gradually become ready for running, or to return to something similar to your pre running state.

At the **start** of each session, you will either jog or walk for a few minutes. This is then followed by **DYNAMIC STRETCHING**, that is stretching that involves movement, not just being still and stretching one part of the body.

Examples of **DYNAMIC STRETCHING** include:

- Walking lunges
- Spotty dogs
- Windmill arms
- Walking with high knees
- Trunk twists

These sorts of exercises help to increase the blood flow to the muscles, warming them up and preparing them for running (yes, you use your arms in running too!!)

At the end of your running session, we will do some **CORE EXERCISES** followed by some **STATIC STRETCHING**.

Examples of **CORE EXERCISES** include:

- Sit ups
- Press ups
- Squats
- The plank

Examples of **STATIC STRETCHING** include:

- Quad stretch
- Calf stretches (upper and lower calf)
- Hamstring stretch
- Back and arm stretches

You will be shown how to do these stretches. Static stretches are short and should last no more than 10 – 20 seconds.