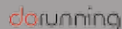




## Beginner's training log book

NAME \_\_\_\_\_

Supported by



run in england  
Running together

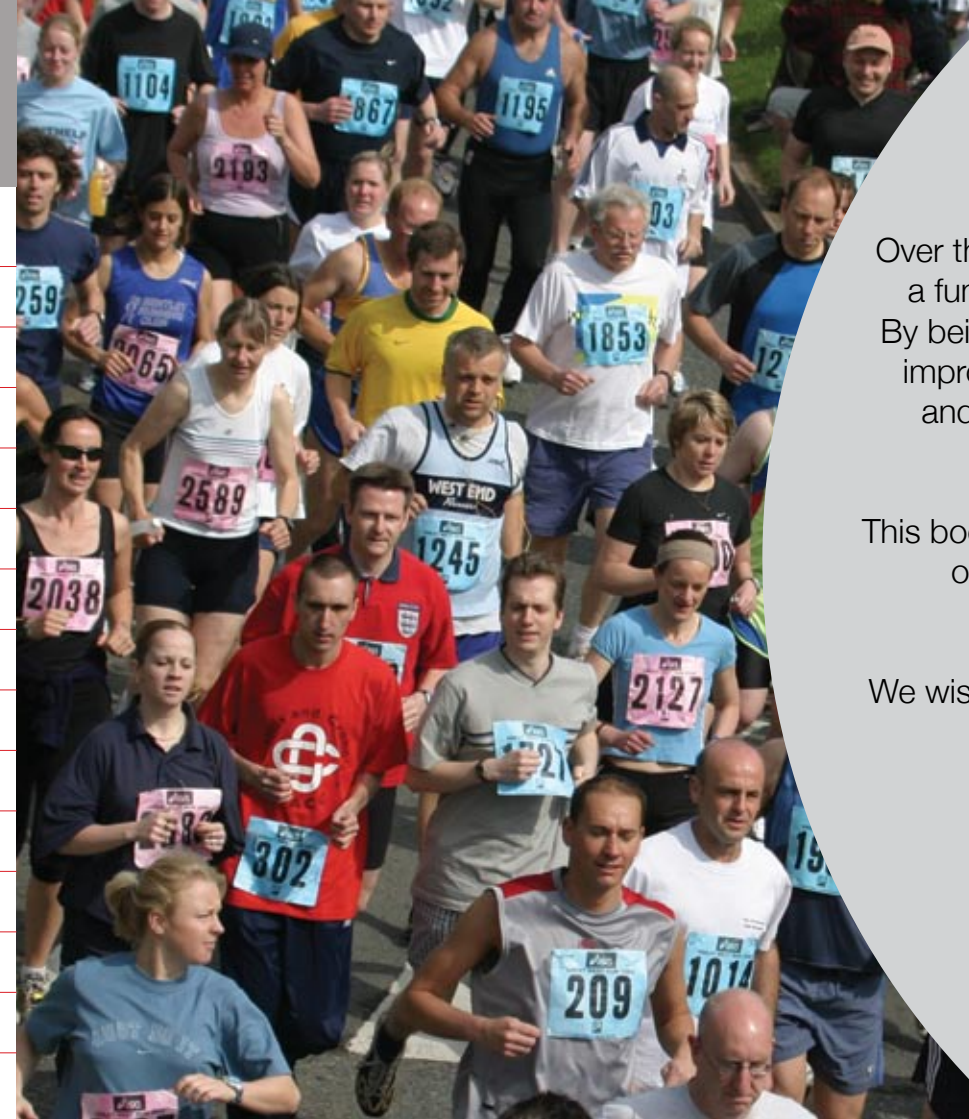
## Contents

**Giving you the opportunity to run regardless of age, size, shape or ability.**

Our philosophy is based on locally accessible groups including both women's and mixed groups, school, work place and family groups, all in a safe and enjoyable social environment.

Times and venues to suit every need.

Introduction	3
Run in England network	4
Goals	5
Stretching	7
Safety	9
Cross Training	11
What to Wear	13
Half way review	15
Footwear	17
Eating and drinking	19
Avoiding Injury	21
The Joys of Events: Tips for the Day	23
The Past 10 Weeks	25
Health Benefits of Running	26



## Welcome to Run in England

Over the next few weeks we hope to give you a fun and enjoyable introduction to running. By being part of this group, we aim for you to improve your health and well being in a safe and enjoyable social environment, at times and venues that suit you.

This book is designed for you to keep a record of your achievement and highs and lows along the way.

We wish you every success with your running,

**‘enjoy the step you’re on’!**

*Peg Wiseman*





## Run in England

Run in England, launched in 2009, is England Athletics' national running network based upon the existing running clubs structure and the highly successful Women's Running Network. It aims to offer running groups to everyone; women's and mixed groups, school, workplace and families. You will be guided through the coming weeks by a trained leader designed to support the complete beginner.

---

**My leader is**

---

---

**My chosen event is**

---



## Your Goals

*Please tick any that apply:-*

To make friends ☐

Get fit ☐

Lose weight ☐

Complete an event ☐

Improve health ☐

**Other goals you'd like to achieve:**



## WEEK 1

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



## Stretching

Stretching is an essential component in helping to improve joint range and keeping your muscles flexible.

Your group leader will take you through a range of stretches over the coming weeks and show you how to do them correctly and where you should feel them.

Make sure you stretch after every run!

*Make sure you only stretch up to the point it's comfortable. If it hurts, ease off!*





## WEEK 2

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



## Safety

- Running is generally regarded as a safe activity. There are however a few simple measures to help keep you safe:
1. Try to run with your group as often as possible and never decide to leave your group or disappear without telling your organiser
  2. If you are running by yourself let a friend know roughly how long you will be and where you are going. Never wear headphones and be aware of your surroundings
  3. Wear something bright, especially in the dark
  4. Take a mobile phone with you
  5. Never leave another runner by themselves
  6. Take personal responsibility at road and rail crossings
  7. Dress for the conditions





## WEEK 3

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  

## Cross training

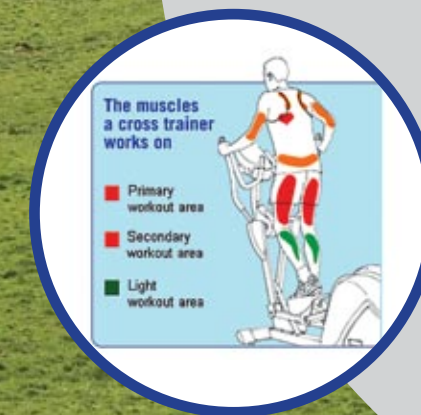
Cross training can help to make you stronger when running.

### Reasons for Cross Training:

- Extra training without the load
  - Develops strength
- Makes your core muscles stronger which are essential when running
  - Injury prevention

### Examples of Cross Training:

- Yoga
- Pilates
- Gym
- Fitness classes
- Cycling
- Swimming
- Spinning





WEEK 4

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



What to wear

Running is a relatively inexpensive sport.

Any comfortable loose fitting clothing will do to start with. The most important for ladies is a well fitting sports bra and shoes.

It is better to wear a couple of thin layers and be able to take some off as you get warm as opposed to starting too cold!

*If running at night be sure to wear something bright!*







WEEK 5

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



Half way review!

You have successfully reached half way of a ten week training block, so lets review how you're feeling.

- Am I running for longer?
- Am I feeling more confident?
- Am I enjoying myself?

Any other comments?





## WEEK 6

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



## Footwear

Running shoes are designed specifically for that task.

They have 2 major functions:

1. Absorb shock
2. Provision of rearfoot control

These properties help to reduce the risk of injury so it is important to get the right shoes early on. Using a specialist running retailer is one of the best ways to find the right shoe for you.

*Did you know your running foot strikes the ground 800-2000 times per mile? That's a lot of impact!*

### Tips for Shoes

- Try on in the afternoon
- Allow a thumbs width from your longest toe
- Wear your running socks



## WEEK 7

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



## Eating and drinking

Some helpful suggestions:

- Eat something light and digestible an hour before training e.g, snack bar, banana, toasted crumpets
- Drink water regularly, even in winter
- Spread your food out evenly over six smaller meals
- Eat what you feel like, but in moderation!
- Take water with you if you're going to be out for over 45 mins

As you train you will develop more muscle tissue. This weighs more than fat tissue, so your body shape is more likely to change than your weight!





## WEEK 8

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



## Avoiding injury

Injury is usually caused by the following:

- Poor running style
- Poor footwear
- Too much too soon
  - effort, distance or frequency of sessions
- Insufficient strength
  - in the core supporting muscles

If you have any concerns or discomfort inform your leader who will be able to advise if you need to see a ‘running’ sports therapist or physiotherapist.  
Ask your leader for recommended practitioners.



## WEEK 9

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



**If taking part in events, just follow a few simple rules:**

- Ensure you have a good breakfast but nothing out of the ordinary
- Drink plenty of water, little and often
- Arrive at the event approximately an hour before the start
  - Allow good time for traffic as the event will be busy
- Wear something you have worn before; no new kit, especially trainers as they may rub and cause discomfort

**Most of all, enjoy yourself!**





WEEK 10

DAY	SESSION	HOW I FELT <small>please circle</small>
		  
		  
		  
		  



My last 10 weeks

*Congratulations, you have completed 10 weeks of running!*

My final comments:

- Did I achieve my goals?
- Did I enjoy the course?
- Will I continue running?

Other feedback:



## Health benefits of running

## Additional notes:

**Heart disease:** Exercise has long been associated with the prevention of heart disease.

**Weight reduction and management:** Running is shown to be the premier exercise in relation to burning calories.

**Cancer:** Running has been cited in a number of research studies as a valuable exercise in the fight against cancer.

**Increased confidence and self esteem:** Running offers a natural anti depressant in the form of chemicals called endorphins. The social interaction and support makes friends for life.

**Osteoporosis:** Can affect up to 1 in 3 women. Running can help maintain bone density.





## Contact details

Supported by:



Designed  
by  
**the 1**  
for  
strategic design  
01249 783305

Use any of the below details to contact us about Run in England Groups.

**[www.runinengland.co.uk](http://www.runinengland.co.uk)**

**Phone:** 01392 841148

**Email:** [info@runinengland.co.uk](mailto:info@runinengland.co.uk)

**Address:**

Run in Engand@WRN

Unit 1

Old Mill Trading Estate

Stoke Canon

Exeter

EX5 4RJ

