

Week three already for the UoC Active Virtual Run Group!

Here are your sessions, remember if you have any queries leave a message or e-mail Adrian at [adrian.sowerby@cumbria.ac.uk](mailto:adrian.sowerby@cumbria.ac.uk)

### **Beginners**

Slightly more complicated this week but all three runs are the same. Start with the 5 minutes of brisk walking to warm up. Then complete 90 seconds of running, 90 seconds of walking, 3 minutes of running and 3 minutes of walking. Do this TWICE through for a total workout time of 23 minutes (including the brisk walk).

### **Improvers**

Our 3<sup>rd</sup> week of 'progression' where we increase mileage gradually. This week it's a run of 3 miles easy to begin the week. Make your second run 4 miles on hills if possible and finish the week with 5.5 miles very easy. **TIP** – running 'off road' is great for the legs, it is more forgiving and creates less stress on the joints. It does mean you will run slightly more slowly and you should ensure your running shoes have a suitable grip, but it is very beneficial.