

Time flies when you are having fun! Week 4 for our UoC Active Virtual Run Group. This week sees the beginners look to continue to increase time and distance where as the improvers have a recovery week, allowing the body to adapt to the first three weeks of training.

### **Beginners**

Three identical runs this week as follows: - 5 minutes brisk walk – 3 minutes run, 90 seconds walk, 5 minutes run, 2 and a half minutes of walking, 3 minutes run, 90 seconds walk and finally 5 minutes run. **TIP** – now you are running more think about fuel and hydration on you runs. Don't eat anything too close to your run – 2 hours if it was a light meal, 3 hours if it was something heavier. Make sure you are hydrated too but be careful not to overhydrate with too much water.

### **Improvers**

This week we are still completing three runs but we are backing off a little to allow our bodies to adapt and get stronger from the training load of the past three weeks. Enjoy the recovery!

Run one, reduce to 2.5 miles flat route and easy. Run 2, keep it hilly but just 3 miles and run 3 back down to 4 miles very easy.