

Welcome to the first week of sessions for our UoC Active Virtual Run Group. We have split the sessions into two groups, complete beginners and improvers. Beginners will use the 'Couch to 5K' plan championed by the NHS. For our improvers who, as a bench mark, should already be able to run 3 miles Adrian has tailored a plan which will hopefully improve your distance and speed over a number of weeks.

### **Beginners**

Week 1 – all three 'runs' are the same this week. Start with 5 minutes brisk walking to warm up then for the next 15 minutes alternate 1 minute of running with 90 seconds of walking (so 6 x 1-minute runs with 90 seconds walking after each).

### **Improvers**

Week 1 – the first run should be a 3 mile easy run on relatively flat terrain. Run 2 should be 3 miles but try to find something hillier. Run 3 will be 4 miles very easy. All these runs should be at a pace you can hold a conversation at. **TIP** - If you find yourself way out of breath then slow down!

For both beginners and improvers try to spread the three runs through the week as best as possible. For example, Monday, Wednesday and Saturday, rather than all on consecutive days.

As always follow the most up to date COVID-19 advice for outdoor exercise.

Any queries please do not hesitate to get in touch. Leave a message here or contact Adrian at [adrian.sowerby@cumbria.ac.uk](mailto:adrian.sowerby@cumbria.ac.uk)