

Welcome to the second week of our UoC Active Virtual Run Group. This week we build on the foundations laid during week one.

Beginners

Once again all three 'runs' are the same this week. Start with the 5 minutes of brisk walking to warm up then for the next 15 minutes alternate 90 seconds of running with 90 seconds of walking (so 5 x 90 seconds run/90 seconds walk).

Improvers

In our second week keep your first run at 3 miles on flat terrain. The second run should be 3 to 4 miles on a hilly route if possible. (**TIP** – if running up hill makes you too out of breath then slow down or walk). Run 3 will be 5 miles very easy. Like last week all these runs should be at 'conversational' pace.

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