

	SESSION		NOTES
<b>MONDAY 3RD JAN</b>	<b>30 MIN OUT AND BACK</b>		Find a Flat Route, run / walk 15 mins out before turning round. Remember, this is YOUR PACE. The key is trying to be consistent in pace. If you need to walk, WALK!  <b>AFTER: STRETCHING WORK SHEET</b>
<b>TUESDAY 4TH JAN</b>	<b>6:15PM MRUK SESSION</b>	<b>OR 30 MIN HILL SPRINTS</b>	Find an incline you think will challenge you. 5 Minute warm up. Hill session 20 sec effort up, jog back (40sec) repeat 5 x then take 2 min break. Repeat if can. 5 Min warm down jog. <b>AFTER: STRETCHING WORK SHEET</b>
<b>WEDNESDAY 5TH JAN</b>	<b>STEADY 40 MINS</b>		This should be a really comfortable pace, something you could talk all the way through. Try to start at a pace you can sustain and try keep going. if you need to walk or slow down, do that. This is a recovery run
<b>THURSDAY 6TH JAN</b>	<b>6:30PM MRUK SESSION</b>	<b>OR 30 MIN INTERVAL RUN</b>	Warm up 5 min. 5x 1 Minute efforts with 2min rec. 5 min warm down. <b>AFTER: STRETCHING WORK SHEET</b>
<b>FRIDAY 8TH JAN</b>	<b>REST</b>		
<b>SATURDAY 9TH JAN</b>	<b>60 MIN RUN/ WALK EFFORT</b>	<b>OR PARK RUN WITH WARM DOWN</b>	Keep moving for 60 min. Run as much as possible and note distance. A good one is heading on the canal to towards town. All downhill and generally a nice run! <b>AFTER: STRETCHING WORK SHEET</b>
<b>SUNDAY 10TH JAN</b>	<b>LONG WALK</b>	<b>OR 40 MIN SLOW OR REST RUN</b>	This is a bonus day, but its the day that most families find tim to get out together, so feel free to just have a walk, a run or a rest! Listen to your body! <b>AFTER: STRETCHING WORK SHEET</b>

**BONUS: YOU CAN DO THE WORKSHEETS ONCE A DAY IF YOU FEEL UP TO IT, BEGINNERS, WE SUGGEST YOU DO EACH ONE A MAX OF TWICE A WEEK TO ENSURE YOU BUILD THIS UP SLOWLY**



**MARSDENRACERSUK**

**WEEK ONE**