



Beginners Information

The WRR Beginners Group is for anyone new to running, who wants to learn how to get the most out of the sport, and it's free...

The Beginners Group takes place on a Thursday at the same time as the regular club sessions. The Beginners Group follows a six week course to allow novice runners to build confidence, stamina and ability, culminating in them progressing into one of the WRR groups in line with their ability. The Beginners Group is coached by Roux who is a fully qualified Personal Trainer as well as a running coach. To join the WRR Beginners Group please fill out a 'new runners induction form' and attach a photo, (as Roux is terrible with names) and then turn up a few minutes early on one of the dates on the web site.

Beginners running schedules

When taking up running it's very important to build up the intensity slowly and regularly to prevent injury and most importantly to build up stamina. I therefore recommend that Beginners to running try to do some form of exercise at least twice a week if not three times to start with.

As well as the WRR Beginners Session on a Thursday, there is an optional Tuesday session for anyone taking the Beginners Course. This session is run as an additional training session and is only open to people taking part on the course.

Health and medical conditions

Unfortunately we are not in a position to give specific medical advice. If you are unsure of whether or not you should participate in our Club Runs because you are concerned about your health or have a medical condition, you should consult a doctor or medical professional.

If you are very overweight or over 40, and haven't exercised for some time, you are also advised to consult a doctor or medical professional before starting running.

A Training Programme

Now that you' have decided to start running. Before you tear out of the door in a fit of boundless enthusiasm, take just a minute to find out the beginner's basics. You'll go faster, further and happier, we promise.

Starting at the ground, possibly the only thing you really need in order to run is a pair of **decent running shoes** so go to a specialist running shop and get a free expert assessment. Tri Running on Wellingborough Road, Northampton and The Running shop in St Leonards Rd, Northampton are very helpful.

Clothing: There's no set running uniform: pick what you feel comfortable in. Women often choose Lycra shorts or tights; and non-cotton clothes help you stay drier. Women should buy a high-support sports bra (the more comfortable you are, the more you'll run!).

Here's you'll find out where the phrase 'don't try to run before you can walk' comes from. Unless you've been doing a cardiovascular sport – something like tennis, football, or regular aerobics classes – you should almost definitely start with a **walk/run programme**. We have created an 8 week introductory programme that should suit your needs.

Get a friend to join you – running is a sociable sport, and it's easier to stay motivated if you have someone to compare notes with.

Within weeks you'll be feeling fitter and more energised. But if part of you hurts during or after you run, take a couple of days off, or more if you need. If in doubt, rest: **don't let a niggle become an injury**. Injuries are most commonly caused by going too far or too fast too soon; not easing into a run; and running on hard surfaces or with the wrong shoes.

Soon you'll be comfortable to do three or four sessions a week, and you'll find that running is becoming part of your routine. Some runners get into a groove and are happy to stick with it, but most people run better if they **have a goal to focus on**. It could be to complete in one of our local 10K races or raise money for your favourite charity. Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 30 minutes in the space of eight weeks. All you need to do is make a commitment to run at least three times a week and follow this simple run/walk programme which will gradually ease you towards the goal.

A few things to bear in mind:

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run. Respecting your body is the best route to progression.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Take heart! You **will** get there!