



running for everyone

Beginner Groups • Community Running • Running Clubs

Contents

| | |
|--|-----------|
| What is Run England | 1 |
| Being a Run England Leader | 1 |
| Operational Information | 2 |
| Leader's information | 2 |
| Planning and preparation | 2 |
| Membership information | 3 |
| Frequently Asked Questions for your New Members | 4 |
| The 10-Week Programme | 6 |
| Schedules | 6 |
| Weekly handouts | 9 |
| Contacts, Links and Further Reading | 20 |



What is Run England?

Run England is England Athletics' national running network, which builds upon the existing running clubs structure and aims to make running accessible for all – women, men, mixed groups, schools, workplaces and families.

Working in partnership with clubs and communities we aim to provide a welcoming social environment in which people of any fitness level can participate at their own level, and to offer achievable goals and activities to enhance health and life.

By partnerships with existing running clubs we will offer both competition and a progression route for those who want it.

The essence of Run England is its leaders; their local knowledge, accessibility and enthusiastic support are the basis of ensuring continued participation.

Both Leaders and members will benefit from ongoing support and access to fellow runners, information and events through the groups, the website and newsletters.

Run England will enable members to improve their health and well being in a safe and enjoyable social environment and at times and venues to suit every need.

Community:

Local Authorities, gyms, led by volunteers or private individuals, local community leaders, and male and female leaders.

Workplaces:

Led by workplace based leaders.

Schools:

Parent/teacher/pupil groups.

Running Clubs:

Introducing beginners' groups within clubs: Linking local groups to clubs.

In keeping with the Government's Change for Life initiative Run England can offer an opportunity to make a small change with big results.

Being a Run England Leader

As part of this national scheme to enable wider participation in running for health and social pleasure you are entering a supportive partnership with England Athletics.

In taking on this role you have committed yourself to being involved in a programme which will entail a level of diligence and responsibility and a passion for running as a recreational activity that you want to share with others.

Our target groups include those individuals and families who may not naturally engage with traditional athletic clubs or see themselves as runners, but who want to try running as part of a healthy lifestyle change or for social participation.

From this simple introduction, some members may progress to competitive running at whatever level they choose.

Operational Information

Leader's information

As a Run England leader you may work in a voluntary capacity, for an organisation, or set yourself up as a self-employed leader, organising groups in your local area.

Registering as a leader

Thank you for registering as a Run England leader. You will now have:

- All necessary qualifications and insurance
- A route to get them if not
- Marketing tools to assist you in setting up your group
- Help from support staff in your area.

Benefits to leaders

- Membership of a national organisation with support for you as a leader.
- Marketing tools to attract and support members.
- Help in setting up your first group, including resources and a listing at www.runengland.org.
- Leader insurance
- Public Liability insurance cover for all activities of your group
- Services for your members
- Discounts negotiated on your behalf

Planning and preparation

Planning your group

Partnership with an existing group or organisation

It may be possible for you to work in partnership with other organisations in your area.

- Running club, health club or leisure centre
- County Sports Partnership
- Local Authority
- Voluntary body
- Workplace
- Local community health initiatives

You may choose to start your own group if there are none in your area.

Preparing for your group

Venue

Having decided what type of group you are, find a good location, accessible, safe and with toilets, shelter and somewhere to lock valuables as a minimum.

Be aware of the impact the location may have on your target participants (e.g. a centre surrounded by youths may put off some people, as may a dark area).

Time and Day

Choose a time that suits YOU, if you're not 100% enthusiastic it won't work: e.g. evening, daytime, after school drop off.

Type of group

Decide if you are going to run a new 10 week beginners course or if you are linking to another leader and training improvers etc.

Are you a mixed group or gender specific? Do you accept all abilities? What ages are you going to work with?

Any limitations

Decide how you want to promote your group, start date and number you can accept (depends on number of leaders). Our recommended ratio is 1:15.

Promoting your group

- You will have a group listing on the Run England website
- You can access posters, flyers and other resources at the Leaders' area of the Run England website.
- You may plan an open event or roadshow or use a health promotion event
- Word of mouth
- Emails around the workplace
- Local authority newsletters
- Doctor's surgeries

Membership information

What do you charge your runners?

Your price structure, both in terms of any annual fees or cost per session, is entirely up to you. For example, if your group is part of a club you can apply the normal membership and training fees.

Registering your members

- All your group members should complete a personal details form on their first session – this is available from the Leaders' area of the website.
- This should be read and held securely by you, in a lockable file box, as it contains personal information
- You should note any illnesses and keep a list of contact numbers in case of emergency

These should be with you at each session

By week 2 all should have completed a Run England membership form via www.runengland.org/join.

Benefits to members

- Membership of a national running body
- A qualified, insured group leader
- Public liability insurance covering all group activities
- Regular eRunner newsletter via email
- Website with map of all Run England groups area by area
- Group profile for every group leader
- Tips for enjoying all aspects of running
- Up to date advice
- Member discounts
- Information on clubs in your area

Frequently Asked Questions for your New Members

Why run?

Social Health Fitness Fun

- Running, especially recreational running is very much a mixed, varied and inclusive sport as well as a family sport.
- Anyone with the inclination can run and all abilities can join in together... look at any Fun Run.
- Age isn't a barrier, fitness isn't a barrier and with guidance health issues rarely present a barrier....check out the British Heart Transplant Games.
- Running is recognised as one of the best sports for managing weight and aiding weight loss. Running burns around 100 kcal per mile so if you start running and eat sensibly you will see a change in shape and size.
- Benefits also include improved heart and lung function, reduced blood pressure, stress reduction, reduced risk of some cancers and an aid to prevention of osteoporosis in some bones.

How can I get started?

- Look on-line for your nearest Run England group.

Many people set off alone, perhaps aiming for a local event or as a result of a bet! Others persuade a friend or partner to suffer with them only to find they have very different paces and abilities and soon fall out. Some fitness centres will have a running group and there are numerous running clubs happy to guide the complete novice to the able runner.

What are the advantages of joining a club or group

- Safety!
- The right advice: pace, effort, distance, stretching, avoiding injury
- Access to events, coaching and governing body affiliation
- Friends to run with at other times
- A social group

Isn't running expensive?

- Running is cheap compared to the great majority of sports or other forms of exercise.
- You can run any time anywhere for no extra cost.

What shoes do I need?

Running shoes are specific to running.

They have two main functions:cushioning and guidance.

Feet differ. Take your trainers to your nearest specialist shop and get the right advice from the outset... you may save a lot of injury time, and money!

What should I wear?

Ladies: Ensure you have a well supporting bra designed for running.

You don't have to spend the earth, many stores have a good range at sensible prices and a good sports bra will be a good investment regardless of whether you get the running bug.

Everyone: Any comfortable shorts, T-shirt or top will do until you spot the real gear beckoning from the sports rails.

Trainers – see above!

When shouldn't I run?

- If you have any pain that continues or worsens as you run
- If you have a temperature
- If you are unusually tired

Most early injury niggles resolve quickly without intervention with rest from running and a gentle stretch of the area perhaps with a 10 min ice treatment three times a day over the first 72 hours. Your group leader will be able to advise.

Those that persist or worsen should be assessed by an appropriate professional ... a physiotherapist, sports therapist, osteopath etc. Your GP will be able to refer you to a professional if you don't know of one.

Is running bad for your joints?

There is no supporting evidence to suggest that running specifically is injurious to your joints but if you have a pre-existing condition then take your GP's advice before starting a running programme.

Running is so adaptable in terms of effort, pace, surfaces and distance that many people will find they can still participate.

Do I need to do anything before or after I run?

Always...

- Warm up...before you put in any effort.
- Walk, jog, skip, circle arms, feel your heart rate increase and your body temperature rise. If you are planning to run quickly then use some short quicker strides (short bursts of faster running for 10-20 seconds) at the end of your warm up. Be prepared for what you intend to do
- Stretch....after you run.
- Stretch the main muscles you used in your session.
- Again your group leader will offer all the right stretches and mobility.

Eat...

- Running needs fuel. Don't expect to run well on an empty tank.
- Regular meals based around good carbohydrate foods like pasta, rice, potato, fruit and veg.
- Fish and lean meats.
- Ensure you have a snack about an hour before exercise; a piece of fruit, a yoghurt, a cereal bar, some dried fruit for example

Rest and Recover...

- Between sessions you will gain most benefit from your training effort if you recover well. The body adapts to the new stress you have introduced when it has a chance to rest. You will then reap the reward of training and not the demoralisation of injury

How do I find out about events and races?

- Run Britain website
- Your group leader or running club
- Your local specialist running retailer
- You can also find many more online and in running magazines

Word of mouth from your running friends will give you a good idea if the event is suitable for you...if they did it, you can!

Events can be fun and social; many are low key or charity events. They give you a chance to work a bit harder if you want to and may whet your appetite for more.

The 10-Week Programme

Week 1

| Warm up | Main Session | Cool down | Homework |
|--|--|--|-------------|
| <p>Gentle walk <i>5 minutes</i></p> <p>Some initial mobilising exercises to be included (e.g. swinging arms, slightly elongated strides).</p> <p>Introduce first 2 minute jog/run at own level – assess group.</p> | <p>Introduce the loop back session as learnt on the leader course.</p> <p>Take group out for roughly 15 minutes/ 1 mile.</p> | <p>Gentle walk <i>5 minutes</i></p> <p>STRETCH</p> | <p>None</p> |

Handout: Stretching

Week 2

| Warm up | Main Session | Cool down | Homework |
|---|---|--|--|
| <p>Brisk walk <i>5 minutes</i></p> <p>Some mobilising exercises to be included - e.g. swinging arms, slightly elongated strides, higher knees.</p> <p>Jog for 2 – 3 minutes at own level. Use loop back where required.</p> | <p>Short Efforts</p> <p>Use the effort sessions from your manual – e.g. jog/run to one lamp post, walk back. Repeat x 4 – 6, depending on ability and group.</p> | <p>Gentle jog/walk back to venue <i>5 minutes</i></p> <p>STRETCH</p> | <p>Those willing and able to do one extra session – e.g. a 5 minute out and back. For those more able, a 7 minute out & back could be completed. Out & back sessions are described in your manual.</p> |

Handout: Safety

Week 3

| Warm up | Main Session | Cool down | Homework |
|--|--|--|--|
| <p>Gentle jog <i>5 minutes</i></p> <p>Mobilising exercises as previously taught.</p> | <p>Out and Back</p> <p><i>10 minutes out, 10 minutes back</i></p> <p>By now you will have a good knowledge of your group's abilities, therefore those needing it can do 7 minutes or alternatively jog 2, walk 1 for the same duration.</p> <p>Find out where your group all got to – a notable landmark etc – and record on paper/a map. This can then be revisited further down the line to assess improvement.</p> | <p>Gentle jog/walk <i>5 minutes</i></p> <p>STRETCH</p> | <p>10 – 14 minutes jog/run at own level.</p> |

Handout: Cross Training

Week 4

| Warm up | Main Session | Cool down | Homework |
|--|---|---|---|
| Gentle jog <i>5 minutes</i> Mobilising exercises as previously taught | Hill Session Find a gentle hill/incline. Make it as fun as possible to do 6 x 20 second efforts up the hill, with a walk recovery in between. Give runners plenty of recovery time at the bottom of the hill. | Gentle jog <i>5-10 minutes</i> STRETCH | Gentle 15 minute run – jog – walk as appropriate. |

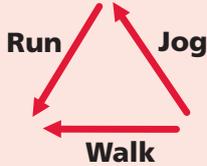
Handout: What to Wear

Week 5

| Warm up | Main Session | Cool down | Homework |
|--|--|------------------------------------|---|
| Jog leading into the main session <i>5 minutes</i> | Group Run using loop backs up to 25 minutes (aim to cover 2 ½ - 3 km). More able will cover further. | Jog <i>5-10 minutes</i> STRETCH | Speed work 6 x 30 second bursts during a 15 minute run, |

Handout: Half Way Review (no handout)

Week 6

| Warm up | Main Session | Cool down | Homework |
|-----------------------|---|-----------|--|
| Jog <i>10 minutes</i> | <p>Pair/teams Using large open area Activity 1: Varying Pace – all together (x 3)</p>  <p>Activity 2: Meet and Greet. Pairs of similar ability.</p>  <p>- repeat with tag and pass partner - repeat with relays by joining pairs up, using full circle</p> | | Gentle 20 minute run – jog – walk as appropriate |

Handout: Footwear

Week 7

| Warm up | Main Session | Cool down | Homework |
|---|---|-----------------------------|--|
| Jog 10 minutes Include mobilisation/drills | Group Run using loop backs, up to 30 minutes (aim to cover 3 ½ – 4 km). More able will cover further. | Jog 5 minutes STRETCH | Hill session 6 x 30 second hill efforts with 10 minute warm up and cool down. |

Handout: Eating and Drinking

Week 8

| Warm up | Main Session | Cool down | Homework |
|----------------|--|------------------------------|---|
| Jog 10 minutes | Out and back 10 minutes out, 10 minutes back - as week 3 Mark on map or record to see improvement. | Jog 10 minutes STRETCH | 20 minute run – jog – walk as appropriate |

Handout: Avoiding Injury

Week 9

| Warm up | Main Session | Cool down | Homework |
|----------------|--|--------------------------------|------------------------|
| Jog 10 minutes | Paces Use the paces session from your manual. Over a gentle run of 30 minutes, add in various paces throughout (8 x 30 or random amounts as appropriate to the group). Use loop back to keep the whole group together. | Jog 5–10 minutes STRETCH | 12 minute out and back |

Handout: The Joys of Events

Week 10

| Warm up | Main Session | Cool down | Homework |
|----------------|--|--|-------------------|
| Jog 10 minutes | 1) 5 km event within group. 2) or, if Race for Life/ 5 km is the following week: timed loops of varying distances – 3km/4 km. | Jog 5–10 minutes STRETCH CELEBRATE! | Rest before event |

Handout: The Past 10 Weeks and Moving On

Handout for Week 1: Stretches

Below are some of the most important stretches for runners to do after each session.



Back of lower leg – calf – gastrocnemius

Key tips

- Both feet point straight at wall
- Heel of back foot flat
- Back straight
- Feel stretch at back of rear lower leg



Back of thigh - hamstrings

Key tips

- One leg in front of the other and straight knee
- Sit back on support leg with bottom out and straight back
- Hands on bent knee
- Feel stretch on back of thigh of straight leg



Back of lower leg – calf – soleus

Key tips

- Feet closer than above
- Toes point forward
- Weight on rear leg
- Heels flat on ground
- Stretch felt in lowest part of calf



Outside of thigh and hip – iliotibial band

Key tips

- Cross one foot behind the other
- Keep back straight
- Push hip of back leg away from centre of body
- Feel stretch on outer side of rear thigh and hip



Front of thigh – quadriceps

Key tips

- Hold wall for support
- Knees level
- Support leg slightly bent
- Stand tall with tummy in
- Feel stretch on front of thigh



Inside thigh - adductors

Key tips

- Stand with feet a little over shoulder width apart
- Keep back straight
- Feet face forward
- Lean to one side, bending that knee
- Feel stretch on inside thigh of straight leg



Side of trunk

Key tips

- Stand with feet a little over shoulder width apart
- Keep back straight
- Take arm over head
- Feel stretch down side of trunk

Handout for Week 2:

Safety

We should all take responsibility for own safety when we go out running and most of this is just plain common sense. The following suggestions may just make a difference:

- Best of all, run with a friend! If going alone, text a friend your route and time
- Carry a mobile phone and/or money for a call box
- Don't wear headphones. If you're wearing headphones you won't hear what's going on around you. These days it's common to share paths with cyclists who may approach you quietly from behind
- During the day time wear light or fluorescent clothing so that other road users can see you. At night, wear reflective clothing or at least clothing that has reflective strips incorporated. Headlights can make out reflective clothing up to three times further away than non-reflective materials. Pale clothing will also help you to be seen but fluorescent clothing needs daylight to be really effective
- Run facing the traffic if there is no pavement. However if you're approaching a blind corner cross over to the other side when it is safe to do so. Cars will then be able to see you more clearly
- Be aware of your surroundings, so you can evade or avoid anything you're not comfortable with – people, dogs, cars etc
- Run in well-populated, lit areas if you are by yourself
- Vary your route and the times you run. Apart from anything else it could get boring!
- Carry a tag card with your name and emergency contact details. If the worst should happen, you can be identified and friends or family notified

Handout for Week 3:

Cross Training

Cross Training can help to make you stronger overall and particularly for running. Cross training will certainly help develop your core strength.

What is your core?

Your core is the middle bit of your body including your trunk and pelvis. This is supported and stabilised by specific muscles. If those muscles are weak and don't do the job properly then other muscles have to step in. These muscles aren't designed to do the job so can be left short or tight, or pulling the body out of alignment.

Reasons for Cross Training:

- Extra training without the load
- Develops strength
- Makes your core muscles stronger which are essential when running
- Injury prevention

Examples of Cross Training:

- Yoga : This refers to the practice of physical postures or poses. It helps to mentally calm and develop inner strength particularly of the core muscles.
- Pilates: This focuses on the core postural muscles which help keep the body balanced and which are essential to provide support for the spine. In particular, Pilates exercises teach awareness of breath and alignment of the spine and aim to strengthen the deep torso muscles.
- Gym: The gym can be used as a great additional session to develop strength particularly of the legs and overall core stability. If you are injured the gym is the best possible place for you.
- Fitness classes: Examples include aerobics, step, body pump, dance and many others. These are a great additional session you can build into your weekly workouts.
- Cycling: Less weight bearing than running, cycling could substitute running in cases of injury and also help as an extra session in the early days when you are still building up the amount of runs you can do it in the week. Cycling can also be good when recovering from a run. If you don't like roads try the gym or off road.
- Swimming: Great for flexibility and recovery from pounding.

Handout for Week 4:

What to wear

“Only mad dogs and Englishmen go out in the mid-day sun”, but I bet there’s many a couch potato who will look incredulously at a seasoned runner out in all weathers.

Dress for the weather

Check out the local weather forecast and be prepared with layers including a light wind/water proof

Wear Appropriate Kit

- **Winter**

Layering is the key because as you warm up, you can remove layers. Do consider how you can carry them however; a long sleeved tee can be tied around the waist, gloves tucked into your waist band. Consider the design of your kit, some jackets come with removable arms which can be stowed in your pockets or alternatively the whole thing can fold up small and fit into a bumbag. Buy running kit made of breathable fabrics.

Don’t let the rain put you off, your skin is after all water proof! Invest in a jacket which is at least shower proof and preferably water proof, to keep the worst off. A baseball cap will keep water out of your eyes.

- **Summer**

In the summer you will need light and airy clothes. A wicking T-shirt or vest will help to keep you cool in the midday sun. You can also get cool packs which sit around the neck to help keep your temperature down! Most important wear sun block!

A pair of shorts will also help to keep the temperature down and keep you cool.

Also sunglasses are an essential to protect your eyes and even more so keep the wrinkles at bay! All year around!

**NB: there is no handout for Week 5 –
review progress with your group**

Handout for Week 6:

Running Shoes

For any runner the most important part of their running kit is what they wear on their feet. Running shoes have evolved over the years and are specifically designed for the task, protecting your feet from the hammering and twisting forces they get as they hit the ground. Just as you wouldn't play tennis with a cricket bat, you shouldn't wear a general sports shoe once you start to run more consistently.

For women it is important to try and get a women's specific trainer as these are made on a last that is appropriate to their different foot shape.

You will come across a lot of jargon such as:

- Pronation
- Over-pronation
- Supination (or more correctly under-pronation)
- Neutral

Your running leader may be able to help identify which type of runner you are.

You will also come across a number of different running shoes:

- Neutral
- Support
- Motion-Control

Again your running leader may be able help to identity which type of shoe you need and can signpost you towards your nearest running retailer.

Trail shoes are also available for off road running.

Handout for Week 7:

Eating and Drinking

Running is one of the best forms of exercise for weight management.

Have a think...would you rather be lighter on the scales or a smaller clothes size?

Most people will say the latter. Appearances are usually a higher priority! As you train, you develop more muscle tissue that weighs more than fat tissue. So you may see a small weight increase in the early days, but along with this a shift in body shape and tone, as the balance shifts towards more lean body tissue. The lean tissue uses fuel so this will help use up excess calories!

Understanding what we eat:

- Look out for hidden fats in meats, biscuits, cakes, pastries and many processed and packaged foods
- Start to look at food labels and identify any obvious and regular pitfalls
- Even if weight change is not an issue, exchanging some of those fats for carbohydrates will improve your energy levels and your vitamin and mineral intake
- Look at distribution of food through the day – try and spread your food over 6 smaller meals. This will maximise efficient storage of food.

How can you tell if you're getting it right?

Most importantly is how you feel. If you feel well generally, healthy and full of energy most of the time then the chances are you are getting it approximately right for your needs.

Tip!

Never deny yourself anything. The more you deny it the more you will want it!

Handout for Week 8:

Avoiding Injury

Injuries happen and whilst there is no magic formula for avoiding them, a greater understanding of some of the pitfalls may just be enough to keep you on your feet.

Poor running style

We might aspire to perfection but in reality most of us need to adopt a style that feels natural and doesn't leave us open to a higher risk of injury. Try "running tall" and your head will lift and spine lengthen. Add to that relaxed arms and shoulders and you're half way there. Push your chest up and forwards, try to keep your pelvis level (imagine it's a bucket full of water that you don't want to spill) and keep your bum and tummy tucked in.

Trick of the trade

Imagine holding a crisp between your thumb and forefinger with your thumb uppermost, then try not to break it! This keeps your arms and shoulders relaxed.

Look ahead and not at your feet.
Keep smiling!

What are you running in?

Are you wearing running shoes as opposed to fashion trainers? Are your shoes suitable for your gait (the way you run)? Do they fit? Are they suitable for the surface you run on? Are they worn out?

Do go to a specialist running shop to get advice.

Don't do too much, too soon.

If you want to avoid injury, then patience really is a virtue. Don't increase your weekly mileage by more than 3 or 4 miles a week (less if you are a beginner). A general rule of thumb is to increase it by no more than 10% each week.

Insufficient Strength

You've probably heard of core stability but what's it got to do with running? Your core is the middle bit of your body including your trunk and pelvis. This is supported and stabilised by specific muscles. If those muscles are weak and don't do their job properly then other muscles have to step in. These other muscles are not designed to do the job, so can be left short or tight, pulling the body out of alignment and therefore leaving you more susceptible to injury. Work on your core stability and this is less likely to be a problem.

Handout for Week 9:

The Joys of Events

Events can be very special, and the best way to make them that way is to run with others!

How do I enter events?

Ask your group leader to let you know where to find entry forms or how to enter events. They will be more than happy to help and guide you in the right direction.

Why events?

Events provide a challenge if you want it and give you a chance to have a goal to keep you going. Many new runners find that by having a target event, it will help to keep them motivated.

What better reason to run than for charity? A questionnaire in 2008 showed that one of the main reasons beginners run is for charity. Having that extra commitment helps with dedication to your running and gives you that little more incentive.

Handout for Week 10:

Congratulations

Congratulations on reaching week 10 of your training course.

So, what next?

Set yourself a goal

It must be:

- S** - Specific
- M** - Measurable
- A** - Agreed
- R** - Realistic
- T** - Time phased
- E** - Exciting
- R** - Recorded

If you talk to your group leader they will be able to help you plan your next target, whether it's just to keep running, or a 10 km run and base it around the principle above to make sure you best achieve your target.

Contact Run England:

Website:

www.runengland.org

General enquiries:

runengland@englandathletics.org

Phone 0121 7817271

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Useful Links:

England Athletics

info@englandathletics.org

www.englandathletics.org

UK Athletics

www.uka.org.uk

uCoach

www.uka.org.uk/coaching

Further Reading:

Running Fitness magazine

Runners World magazine

and website www.runnersworld.co.uk

Complete Guide to Sports Nutrition

by Anita Bean

Complete Guide to Stretching

by Christopher M Norris

