

# The Training Programme

	Date	Warm up	Main Session	Cool down	Home Work +Handout
1	6 Jan	Registration, explanation, questions, Gentle walk <i>5 minutes</i>  Some initial mobilising exercises to be included (e.g. Swinging arms, slightly elongated strides). Introduce first 2 minute jog/run at own level – Assessment of group.	Learn about the <b>Loop Back Session.</b>  Group run/walk at own pace for roughly 15-20, minutes/ 1 mile.	Gentle walk <i>5 minutes</i> STRETCH	No home work  <b>Handout</b> <i>Stretching</i>
2	13 Jan	Brisk walk <i>5 minutes</i> Some mobilising exercises to be included - e.g. swinging arms slightly elongated strides, higher knees. Jog for 2 – 3 minutes at own level. Use loop back where required.	<b>Short Efforts</b> Eg; jog/run to a fixed point (gate or fence post), walk back. Repeat x 4 – 6, depending on ability and group.	Gentle jog/walk back to venue <i>5 minutes</i> STRETCH	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.. <b>Handout; Safety</b>
3	20 Jan	Gentle jog <i>5 minutes</i> Mobilising exercises as previously taught.	<b>Out and Back</b> <i>10 minutes out, 10 minutes back</i> Those needing it can do 7 minutes or jog 2, walk 1 for the same duration. Record where everyone gets to. This can then be revisited further down the line to assess improvement.	Gentle jog/walk <i>5 minutes</i> STRETCH	10 – 14 minutes jog/run at own level.  <b>Handout; Cross Training</b>
4	27Jan	Gentle jog <i>5 minutes</i> Mobilising exercises as previously taught	Find a gentle <b>hill/ incline.</b> 6 x 20 second efforts up the hill, with a walk recovery and 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. <b>Handout: What to wear</b>
5	3 Feb	Jog and mobilising leading into the main session <i>5 minutes</i>	<b>Group Run</b> Use 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, <b>No handout</b>

6	10 Feb	Jog and mobilising exercises <i>10 minutes</i>	<b>Pair/teams</b> Using large open area <b>Activity 1:</b> Varying Pace –all together (x 3) <b>Run -Jog- Walk</b> <b>Activity 2:</b> Meet and Greet. Pairs of similar ability. - repeat with tag and pass partner - repeat with relays by joining pairs up, using full circle	Jog <i>5–10 minutes</i> STRETCH	Gentle 20 minute run – jog – walk as appropriate  <b>Handout;- footwear</b>
7	17 Feb	Jog <i>10 minutes</i> Include mobilisation/drills	<b>Group Run</b> Using loop backs, up to 30 minutes (aim to cover 3 ½ – 4 km). More able will cover further.	Jog <i>5 minutes</i> STRETCH	Hill session 6 x 30 second hill efforts with 10 minute warm up and cool down. <b>Handout;</b>  <i>Eating and Drinking</i>
8	24 Feb	Jog <i>10 minutes</i>  Include mobilisation/drills	<b>Out and back</b> 10 minutes out, 10 minutes back - as week 3. Mark on map or record to see improvement	Jog <i>10 minutes</i> STRETCH	20 minute run – jog – walk as appropriate <b>Handout;</b>  <i>Avoiding injury</i>
9	3 Mar	Jog <i>10 minutes</i>  Include mobilisation/drills	<b>Paces session</b> . Over a gentle run of 30 minutes, add in various paces throughout (8 x30 or random amounts as appropriate to the group).Loop backs will keep the whole group together.	Jog <i>5–10 minutes</i> STRETCH	12 minute out and back  <b>Handout; <i>The joys of Events</i></b>
10	10 Mar	Jog <i>10 minutes</i> Include mobilisation/drills	1) 5 km event within group. 2) or, timed loops of varying distances –	Jog <i>5–10 minutes</i> STRETCH	20 minute run – jog – walk as appropriate <b>Handout; <i>the past 10 weeks and moving on.</i></b>
11	17 Mar	Jog <i>10 minutes</i> Include mobilisation/drills	5 km event within group.	Jog <i>5–10 minutes</i> STRETCH	30 minute run – jog – walk as appropriate
12	24 Mar	Jog <i>10 minutes</i> Include mobilisation/drills	5 km event within group.	Jog <i>5–10 minutes</i> STRETCH	30 minute run – jog – walk as appropriate

### Hobblers Leaders

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