

KNOWLE & DORRIDGE RUNNING CLUB

ZERO TO 3 MILES CHALLENGE TRAINING PLAN JAN 18

W/C 01.01.2018	W/C 08.01.2018	W/C 15.01.2018	W/C 22.01.2018	W/C 29.01.2018	W/C 05.02.2018
<p>Wednesday St Phillips Church Hall, Manor Road Dorridge 6:45pm.</p> <p>Meet inside the hall, come ready to run after our initial meeting</p> <p>Run 1 minute, walk 1 minute. Do this 10 Xs.</p>	<p>Monday</p> <p>Run 2 minutes, walk 3 minutes. Do this 3 Xs then run 3 minutes and walk 5 minutes. Do this 2 Xs.</p>	<p>Monday</p> <p>Run 4 minutes, walk 3 minutes. Do this 4 Xs</p>	<p>Monday</p> <p>Run 5 minutes, walk 3 minutes, run 4 minutes, walk 3 minutes. Repeat the above then run slowly for 6 mins and walk back to recover.</p>	<p>Monday</p> <p>Run 10 mins, walk 2 mins. Do this 2 Xs – then run for 5 mins, walk 2 mins x 2</p>	<p>Monday</p> <p>Run 10 minutes, walk 1 minute. Do this 3 Xs</p>
	<p>Tuesday</p> <p>Rest but stay active</p>	<p>Tuesday</p> <p>Rest but stay active</p>	<p>Tuesday</p> <p>Rest but stay active</p>	<p>Tuesday</p> <p>Rest but stay active</p>	<p>Tuesday</p> <p>Rest but stay active</p>
	<p>Wednesday</p> <p>Run 4 minutes, walk 3 minutes. Do this 4 Xs</p>	<p>Wednesday</p> <p>Run 5 minutes, walk 3 minutes, run 4 minutes, walk 3 minutes. Do this 3 Xs</p>	<p>Wednesday</p> <p>Run 7 minutes, walk 2 minutes. Do this 4 Xs.</p>	<p>Wednesday</p> <p>Run for Fun Session***</p>	<p>Wednesday</p> <p>Run 12 minutes gently, walk 2 minutes. Do this 3 Xs – then run for 6 more minutes as strongly as you can to finish.</p>
<p>Thursday</p> <p>Rest but stay active</p>	<p>Thursday</p> <p>Rest but stay active</p>	<p>Thursday</p> <p>Rest but stay active</p>	<p>Thursday</p> <p>Rest but stay active</p>	<p>Thursday</p> <p>Rest but stay active</p>	<p>Thursday</p> <p>Rest but stay active</p>
<p>Friday</p> <p>Run 2 minutes, walk 5 minutes. Do this 6 Xs</p>	<p>Friday</p> <p>Fartlek session. *</p>	<p>Friday</p> <p>Hill Session **</p>	<p>Friday</p> <p>Run 8 minutes, walk 2 minutes. Do this 3 Xs then run hard for 4 more minutes and recovery walk 2 minutes to finish</p>	<p>Friday</p> <p>Run 12 minutes, walk 2 minutes. Do this 2 Xs – then run for 6 more walk for 2 mins.</p>	
<p>Saturday</p> <p>Rest but stay active</p>	<p>Saturday</p> <p>Rest but stay active</p>	<p>Saturday</p> <p>Rest but stay active</p>	<p>Saturday</p> <p>Rest but stay active, come along and spectate at Brueton Parkrun.</p>	<p>Saturday</p> <p>Rest but stay active, consider taking part in a one lap walk of Brueton parkrun.</p>	<p>Saturday</p> <p>Brueton Parkrun</p>
<p>Sunday</p> <p>a brisk walk, swim or cycle for at least 25 minutes so that you start to feel out of breath and have a higher heart rate.</p>	<p>Sunday</p> <p>a brisk walk, swim or cycle for at least 30 minutes so that you start to feel out of breath and have a higher heart rate.</p>	<p>Sunday</p> <p>a brisk walk, swim or cycle for at least 35 minutes so that you start to feel out of breath and have a higher heart rate.</p>	<p>Sunday</p> <p>a brisk walk, swim or cycle for at least 40 minutes so that you start to feel out of breath and have a higher heart rate.</p>	<p>Sunday</p> <p>a brisk walk, swim or cycle for at least 45 minutes so that you start to feel out of breath and have a higher heart rate, or rest if you did one lap of the parkrun yesterday.</p>	

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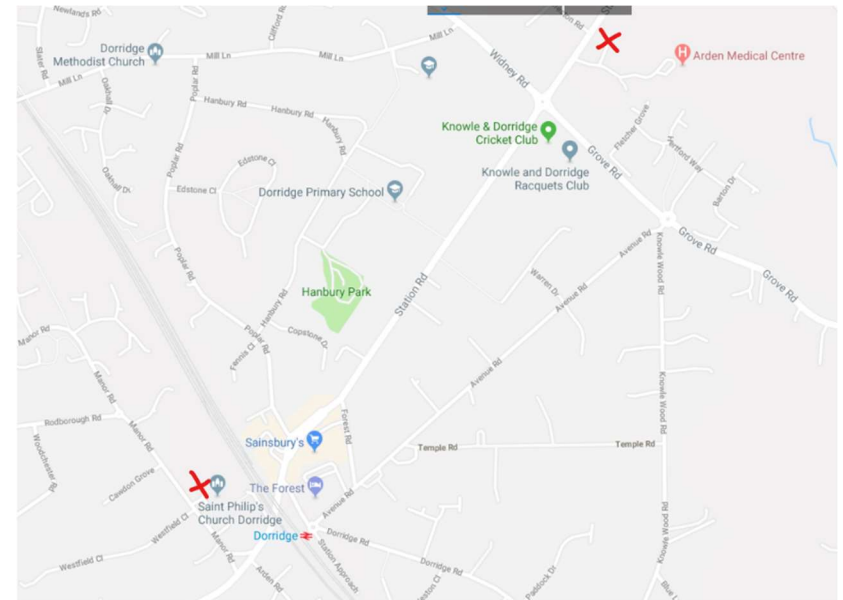
Session Meeting Times and Locations

Wednesdays 7:30pm inside the Church Hall at St Phillips Church, Manor Road, Dorridge, B93 8DX except for session 1 when we meet earlier for introductions at 6:45pm

Friday am (dependent upon demand) 9:15am Location will be confirmed each week but will be local to Knowle and Dorridge

Friday pm and Mondays - 7:30 pm Sessions will meet in the carpark on Downing Close

Downing Close is just off Station Road in Knowle, just on the left before you get to the roundabout with Grove Road/Widney Road



* Fartlek – If you cannot take part in this club lead session then go out and run by yourself or with a friend, instead of timing your session as we have done previously choose to run slowly to a certain point or lamppost, they maybe try and run a bit faster to next lamppost, then walk to next point. Just go out for about 30 minutes. You need to feel out of breath and to have worked but don't push yourself so hard you get injured, it is early days still.

** Hill Session. If you cannot make the club led session, take yourself to a nearby incline, if not too far from home walk jog there, or drive if you have to but have a jog walk to warm up. Run easy up the hill for approximately a minute, then walk back down, repeat 10 times, then jog walk back to home/car to recover.

*** Run for Fun. A fun session of varying speeds if you cannot make the club led session you could repeat your fartlek session from week 2 but by now you should be able to run more lampposts and walk less. Aim to be out for about 40-45 minutes including your walking.