



## What's Next

Congratulations you have now completed the Hardley Runners' Beginner's Course. Now all you have to do is "Keep Running "don't give up!

Maintain those new friendships. As you have discovered it is easier to run with someone than by yourself. However this is not always practical as you may miss a training night or your friend has cancelled. For these reasons it is important to learn to run alone, over the years I have noticed that ladies that are unable to run alone, so often do not continue to run.

But there is one exception it is not advisable to run alone in the forest.

There will be many times when you feel you cannot be bothered to run, work has been too busy. There is no time, the weather is grim! If you don't bother you will regret it .You are tired after work but you will be full of energy after a run (all stressed reduced) and that added energy will make light of all those home jobs! If the weather is uninviting wrap up well, there are lots of cheap all weather running gear available. But if you just cannot get out, there is always another day!

Remember be safe be seen – wear High Viz ! As a Hardley Runner it is compulsory to wear High Viz in the winter months.

You have now run for 30 minutes. There is no set way to build on this, it's what suits you. This can be by time, extending a route or distance. However I suggest only increasing once in every two weeks, less rather than more. Again this is subjective, but as you build up the distance so you increase the risk of injury, so take it gradually. Do not run on two consecutive days.

### Training = Overload, Specificity and Adaptation (rest).

Within the muscles there are cells and here you will find microscopic energy cells called Mitochondria. In training these cells are **Overloaded** and broken down and then increase in number, along with Mitochondrial enzymes.

**Specificity**, make training specific to running. However do not forget the benefits of cross training and its role in injury prevention and in some cases recovery.

**Adaptation** is rest days, recovery between efforts and psychological rest. Rest and Recovery allow the body to adapt to the stresses being placed on it. Sleep is a key factor.

Each factor is necessary if you wish to get fitter and improve your running.

Many established runners keep themselves focused and motivated by setting goals. Nation wide we have a marvelous initiative, the 5k Park Run which takes place every Saturday morning at 9am. The Park Runs were introduced for the beginner runner, their aim to promote running, fitness, and for people to form friendships and partners to run along side.

The Brockenhurst Park Run is an off road course and attracts about 70 runners (many ladies & children) .This is a great way to run a measured distance regularly; you will receive comprehensive feedback on your performance. See [www.parkrun.org.uk](http://www.parkrun.org.uk)



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### Hardley Runners Training Sessions

At the Hardley Runners training sessions we aim to support new people, this could be the established runner or those who have just started running. We advise that people are able to run 5k before they join these sessions. At training we break into groups three groups Fast, Medium and Steady. Occasionally a fourth group is formed, depending on people's running ability.. Each group has a leader; we warm up with an easy run to the training venue. We then carry out a series of drills, the rationale to connect the mind to the body, promote the technical style of running, improve strength and make sure you are suitable warmed up and ready to start the efforts.

We then start the session each group working together, in pairs, alone as people wish. Some runners choose to meet at the training venue rather than at the Applemore Recreation Centre. You may prefer this option initially as a complete session may seem daunting, although there are many opportunities to stop and catch your breath. Please see the Training schedule on the website to see which coach is taking that session,

Do contact that coach by text if you need help to identify where that session is, or to check that the session is suitable for the new runner.

Chris: 07708118114

Andy: 07962 590089

Steve: 07786021342

At the start of the course you completed a form for Run England; you are all registered under the title of Hardley Beginners. You will now receive regular newsletters from Run England, outlining (for example) initiatives to support the new runner. Perhaps take a look at this website, when you have a free moment!

We have a good system to support the new established runner who joins Hardley Runners and the new person to running. This support and guidance will obviously come from the regular coaches that take the Training sessions; and Paul and Kim who have been leading the Beginners' course.

Not forgetting the Hardley Runners who hold a wealth of running experience and will always offer encouragement to the new runner.

Chris Harris

07708118114

energybar6@btinternet.com