



Learn To Run with Strive

COURSE OBJECTIVES:

- To learn the fundamentals of correct running technique.
- To understand the impacts of running on the body and how to avoid injury
- To understand the basics of good nutrition and its role in running
- To build a 'starter' foundation of strength and fitness to continue running
- Develop confidence as a runner and how to choose suitable goals
- To meet other runners and gain access to coaches that can help you achieve your running goals!

WHO IS THIS FOR?

Anyone new to running for fitness, or anyone that has had a long break from running and wants to start again with proper technique. You are not expected to have a specific level of fitness to take part - just a willingness to come to the sessions throughout the course!

YOU CAN EXPECT TO:

- NOT be under any pressure to run a certain distance in a certain time. Everyone taking part can walk / jog / run at their own pace in each session.
- Perform simple technique drills (and understand why!)
- Complete basic bodyweight strength exercises for runners
- Learn our favourite warm up and cool down stretches
- Understand the benefits of hill running! One session out of the course will be based at a hill - you are not expected to run up the Val des Terres!
- Develop a positive relationship with running
- Find new running buddies!

Timings:

Mondays 6.30pm

Typical course structure (subject to change):

Week 1: Athletics Track - introduction to correct running technique and how to warm up properly, including some key strength exercises

Week 2: Athletics Track - introduction to good nutrition, running with good posture, practice key drills

Week 3: Athletics Track - foot placement and cadence (stride rate), practice key drills

Week 4: Location TBC - Hill running - why it is SO good, technique for hills

Week 5: Athletics Track - key drills recap and interval training

Week 6: Athletics Track - your goals, next steps in your training. The STRIVE Team Challenge!

Please note: Strive hires lanes at the athletics track and not the entire venue. Although usually quiet on a Monday evening there may be other runners using other lanes. Our Strive 'Run Fit' group will also be there but will be based at a different area of the track. We hope you might want to join this group some time after you complete the Learn to Run course!