

Personalised to pupils on attached list

Dear Tour Member,

The following Beginners Training Schedule is designed to ease you into a running programme gradually and fairly gently!

The Training Schedule will, over a few weeks, build you up into running 3 miles (5K) quite comfortably in preparation for your first sponsored run at Christmas.

Having a training partner will help you to stay on track, be focussed and remain disciplined in each week. This training partner could be a family member or friend or a fellow tour member. They could be someone who has always wanted to get fitter but has not yet got round to starting. Running with your mum, dad, brother, sister or friend could be good fun and a great way of helping them to get and stay active!

You will need to train at least three times a week and ideally 5 times per week (6-4 training sessions and then match day on a Saturday). Your rest days should be on a Monday and a Friday if possible but this will need to fit into your own schedules. Monday is a designated rest day as later in your training, Sundays will be your longer run in the week after which you will need to rest the next day. Fridays are your second rest day to allow you to rest before Saturday Fixtures.

Initially, each session should take about 20-30mins. Run at a speed that is comfortable for you. Going too fast in the early stages will make you feel uncomfortable and may stress your body too much, so take it nice and easy at the start of each session and for the first few weeks. You may find that as you become fitter, your natural running pace might speed up without you realising it but don't push it in the early stages of the programme.

As we get closer to the summer, I will give you a more specific programme geared towards developing your match fitness. Remember that this Beginners Training Schedule is simply designed to a) get you running regularly to build up your basic fitness and b) to prepare you for the trio of sponsored runs which will include a 5K, 10K and, if we can move up to it, a 15K!

You need to start organising your sponsors now. Your target is to raise, by the end of the three sponsored runs, a minimum of £300.00. This could be 10 people sponsoring you £5 for the 5K, £10 for the 10k and £15 for the 15K. You could investigate asking any

business contacts that your parents might be able to help you to find, to sponsor you for larger sums. You will need to consider what you could offer a sponsor in return for their financial support. In return for their sponsorship, your girls could wear T-Shirts bearing a sponsor's name in each of the runs. We could also put photographs of runners wearing sponsor's T-Shirts in the School Newsletter and in the P.E. section on the MTGS website. If you intend on approaching companies for sponsorship, please run your ideas by me before making any contacts.

I have set out the Beginner's Training Schedule on the attached sheets. You can measure your runs by TIME or DISTANCE or BOTH. Ask your mum or dad if they can drive a route and measure how far ¼ mile, ½ mile, 1 mile etc are. Wear a watch which has a second hand or that has a stopwatch mode when you run so that you can check, more or less, how long you have run for.

The evenings will soon be getting darker. You must consider your health and safety by wearing bright visible running gear, running on well lit streets that are close to your home and if possible running with an adult either as your training partner or in addition to your training partner once the dark nights draw in. No girls should run on their own.

Before each session you must complete a 5minute warm-up walk or very slow jog and follow this with some stretching. It is also very important that you complete a full series of cool down stretches after your training session. These warm-ups and cool-downs are essential if you are to avoid muscle soreness or injury. Please ask me if you need some further advice on the type of stretches you should be doing.

Good luck with your training. I will be doing all of the sponsored runs with you and I am hoping that some of the other tour staff may also be joining in too!

Yours sincerely

Miss Jones  
Sports Tour Party Leader



## SPORTS TOUR BEGINNERS RUNNING TRAINING SCHEDULE

Week No	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 60secs JOG and 90secs WALK for a total of 20mins</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 60secs JOG and 90secs WALK for a total of 20mins</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 60secs JOG and 90secs WALK for a total of 20mins</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 60secs JOG and 90secs WALK for a total of 20mins</b>
<b>2</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 90secs JOG and 2mins WALK for a total of 20mins</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 90secs JOG and 2mins WALK for a total of 20mins</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 90secs JOG and 2mins WALK for a total of 20mins</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Alternate 90secs JOG and 2mins WALK for a total of 20mins</b>
<b>3</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Repeat the following set 3 times: 90secs JOG 90secs WALK 3mins JOG 3mins WALK</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Repeat the following set 3 times: 90secs JOG 90secs WALK 3mins JOG 3mins WALK</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Repeat the following set 3 times: 90secs JOG 90secs WALK 3mins JOG 3mins WALK</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>Repeat the following set 3 times: 90secs JOG 90secs WALK 3mins JOG 3mins WALK</b>
<b>4</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>3mins JOG (1/4mile) 90secs WALK 5mins JOG (1/2mile) 21/2mins WALK (1/4mile) 3mins JOG 90secs WALK 5mins JOG 21/2mins WALK</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>3mins JOG (1/4mile) 90secs WALK 5mins JOG (1/2mile) 21/2mins WALK (1/4mile) 3mins JOG 90secs WALK 5mins JOG 21/2mins WALK</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>3mins JOG (1/4mile) 90secs WALK 5mins JOG (1/2mile) 21/2mins WALK (1/4mile) 3mins JOG 90secs WALK 5mins JOG 21/2mins WALK</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>3mins JOG (1/4mile) 90secs WALK 5mins JOG (1/2mile) 21/2mins WALK (1/4mile) 3mins JOG 90secs WALK 5mins JOG 21/2mins WALK</b>

<b>5</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>20mins JOG (2miles)</b> <b>NO WALKING</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>20mins JOG (2miles)</b> <b>NO WALKING</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>20mins JOG (2miles)</b> <b>NO WALKING</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>20mins JOG (2miles)</b> <b>NO WALKING</b>
<b>6</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>25mins JOG (21/4miles)</b> <b>NO WALKING</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>25mins JOG (21/4miles)</b> <b>NO WALKING</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>25mins JOG (21/4miles)</b> <b>NO WALKING</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>25mins JOG (21/4miles)</b> <b>NO WALKING</b>
<b>7</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>28mins JOG (23/4miles)</b> <b>NO WALKING</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>28mins JOG (23/4miles)</b> <b>NO WALKING</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>28mins JOG (23/4miles)</b> <b>NO WALKING</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>28mins JOG (23/4miles)</b> <b>NO WALKING</b>
<b>8</b>	<b>Rest or Gentle Swim</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>30mins JOG (3miles!)</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>30mins JOG (3miles!)</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>30mins JOG (3miles!)</b>	<b>Rest Day</b>	<b>School and Club Fixtures</b>	Brisk 5min Walk or Slow 5min Jog + Warm-Up Stretches <b>30mins JOG (3miles!)</b>

**DON'T FORGET TO DO YOUR COOL-DOWN STRETCHES AFTER EACH SESSION, EACH TRAINING / MATCH DAY!!**