



## Resources for those new to running in this Covid-19 period 2020

Welcome to all those local runners, non Harrier members, who we see out running, whether you are from other sports which are unable to operate at the present time and aim to keep your fitness, or new to running, or have taken it back up again recently.

Here are few resources that you might find useful in these sections below:

1. Our programme to get you started i.e. 0-5k
2. Suggested well-trodden running routes and progression plans
3. Other resources and websites

There are the obvious disclaimers:

- a) all runners must abide by the COVID19 rules of social distancing
- b) our sessions are normally led by coaches or experienced leaders which is obviously not possible in this scenario hence the responsibility is with you, the individual, when using these resources, and
- c) abiding by the Highway and Countryside Codes.

We welcome you to join our group activities once we restart them. We are a club that values social running in groups tailored to those who are slow and steady through to those who are very fast, and have a variety of weekly training sessions to improve your individual running performance. You will find all the information you need on the website [www.ilkleyharriers.co.uk](http://www.ilkleyharriers.co.uk).

### **Beginners 0-5 k Programme**

This programme was devised to support coaching and training within Ilkley Harriers by Jane Bryant, and in other years is delivered via our annual session for new runners, which usually operates in May and June. We open the course to all beginners and charge a small fee of £10 which goes to local charities, in previous years Upper Wharfedale Fell Rescue.

We would normally run/ walk with you and encourage you whilst at the session and we will miss doing that this year. The basics of the programme are given at the end of this document. As well as the programme, given weekly, we encourage you to do an additional 2-3 sessions a week of walking or running, or other activities to increase fitness.

## **Suggested well-trodden running routes and progression plans**

### **a) Local Routes**

Whether you're a beginner or re-discovering your love for it, Ilkley Harriers have put together some local routes, mostly around 7-8k.

They stick to roads and avoid gates as much as possible. Please use pavements where they exist - but if you do need to run on the road, then use the right-hand side so you can see oncoming traffic.

Hopefully they'll help to keep things ticking over whatever your usual sport.

Strava map links in this [PDF document](#).

These and other routes on the [Run Library page](#).

### **b) Progression Plans**

There are many programmes to support runners progress to 10k, half marathon and marathon distances, aimed at beginners through to more experienced runners.

The Run Britain website has a comprehensive set of plans for every type of runner whether you want to run faster or further improve strength or rhythm. For example wishing to improving 10k time, in this case to run under 60 minutes:

<https://www.runbritain.com/training/runfaster/twelve-week-schedule-to-break-60-minutes-for-10k>

### **Other Resources and useful websites**

Latest news and more general information on training sessions, activities, races, links to other sites etc. are all available at [www.ilkleyharriers.co.uk](http://www.ilkleyharriers.co.uk)

The club is a member of England Athletics as are our members. There are many resources including offers and insurance through membership. Also useful items are available to all on their general website: <https://www.englandathletics.org>

In addition to our website we have a [Facebook group](#) for members only and a general [Facebook page](#)

We hope you found this useful. Any queries please direct them initially to Hilda, [secretary@ilkleyharriers.org.uk](mailto:secretary@ilkleyharriers.org.uk), or membership enquiries to Petra, [mship@ilkleyharriers.org.uk](mailto:mship@ilkleyharriers.org.uk).

**The basics of our 0-5k programme or running continuously for 30 minutes**

Week	Warm up	Drills	Main programme	Cool down
1	5 mins brisk walk	10 mins lunges, high knees, heel under bottom, run on spot	2 mins brisk walk, then 8 repeats of run 90 secs and walk 60 secs	2 mins brisk walk, stretches
2	5 mins brisk walk	10 mins lunges, high knees, heel under bottom, run on spot	2 mins brisk walk, then 6 repeats of run 3 mins and walk 90 secs	2 mins brisk walk, stretches
3	3 mins brisk walk, 2 mins easy jog	10 mins lunges, high knees, heel under bottom, run on spot	2 mins brisk walk, then 4 repeats of run 5 mins and walk 2 mins	2 mins brisk walk, stretches
4	3 mins brisk walk, 2 mins easy jog	10 mins lunges, high knees, heel under bottom, run on spot	2 mins brisk walk, then 2 repeats of run 5 mins walk 2 mins run 10 mins walk 2 mins	2 mins brisk walk, stretches
5	3 mins brisk walk, 2 mins easy jog	10 mins lunges, high knees, heel under bottom, run on spot	2 mins brisk walk, then run 10 mins walk 3 mins run 20 mins walk 2 mins	2 mins brisk walk, stretches
6	3 mins brisk walk, 2 mins easy jog	10 mins lunges, high knees, heel under bottom, run on spot	30 mins easy run	2 mins brisk walk, stretches