

STRIDE OUT BEGINNERS PROGRAMME
Hyde Village Striders RC

Monday and Wednesday 6.30pm.

Welcome to The Hyde Village Striders Stride Out course, the attached program will ease you steadily into running. It is suitable for all ages and levels of fitness. Running is fun and enjoyable, and by following this program, which lasts for 11 weeks, you will become a more confident runner, and will wish you had done it earlier.

At the beginning of each run there will be a 5-minute group stretching session. Please ensure you are here to attend these sessions. It is also advisable to do a 5-minute warm up before you stretch. This can be done by a gentle walk (this is to ensure you don't stretch cold muscles) please do make sure you warm up.

The Purpose of these sessions is to condition your body gradually to running. You may feel you want to do more, but in the early stages it is important NOT to overdo it. The big mistake made by many beginners, is they become too confident, over train go too fast , too soon and start to find it difficult. It is best to start off slow and find your own pace; there will always be someone in the group to run along with. So the keywords before you start are "BE PATIENT". Everyone can run, and by following this simple program you will be able to run for 30 minutes without stopping and enjoy the experience at the same time.

Help and advice is always available for any questions or concerns you may have. Please don't hesitate to speak to any of the coaches either before, during or after a run, We are always here to help.

GOOD LUCK AND ENJOY YOUR RUNNING !

Mike Mason
UK Athletics Coach