



## Zero to Hero

### Beginner Running Plan

Welcome to South Leeds Sisters Zero to Hero session plan. Each Monday will start with a warm up, strength exercises - the details of these are on a separate sheet. Each session ends with a stretch - these will be the same each week and are easy to pick up.

The first number in the “Distance” column gives the miles covered if you take the shortest route to the session and back without the effort session. The second number is the shortest route plus the distance you’ll travel in the effort session if you’re running at 12 minute mile pace (1 mile in 12 minutes).

Some of the more experienced Sisters will take a mile long route to the effort session. You will be offered to join them each week so join them when you’re ready. Equally, many will do 20 minutes effort so when you feel ready to increase the amount you run, just join in.

### February

Date	Distance (miles)	Effort session	Focus/aim	Optional extras
5-2-18	1.4 - 2	Hunslet play area triangle (opposite Engine pub): 7 minutes: slow, medium & faster efforts	Pacing: slow - conversational pace, medium - 7 words, fast 3 words	20 min brisk walk with a friend SLS strength exercises
12-2-18	1 - 1.5	Parkside Lane: 40 meter efforts & walk recovery, running tall & relaxing the shoulders x 6	Feel light, tall and efficient	Visit a local parkrun, walk there if you can
19-2-18	0.8 - 2.5	Cross Flatts Avenue: 10 minutes - Walk briskly up the hill & jog down to recover	Take small steps, squeezing your bum to power up	20 minute walk with friends & strength exercises
26-2-18	0.6 - 2	JCCS: 30 minutes alternating walking and jogging with a Sister	Conversational pace	5 mins brisk walk, jog 30 secs, walk 30 secs, 5 mins brisk walk, stretch



## March

Date	Distance (miles)	Effort session	Focus/aim	Optional extras
5-3-18	1.4 - 2.5	Hunslet play area triangle (opposite Engine pub): 10 minutes: Fast feet using cones & agility ladder	Decreasing reaction times & deciding where to put your feet	Volunteer at a local parkrun & walk there if you can
12-3-18	2 - 3	Longroydes, Beeston: 5 minutes: Pyramid quarters round 2 terraces	Learning pacing	Attend a yoga or pilates class
19-3-18	0.8 - 2	Unnamed road opposite South Leeds Academy: 10 minutes: Walking and jogging between lamposts uphill then a jog recovery downhill	Improve running form - run tall, high rear elbows, running on the balls of the feet	30 minute brisk walk or alternating walking and jogging, finish with a stretch
26-3-18	0.6 - 2	JCCS: 30 minutes alternating walking and jogging	See how many times round you can go	Go for a cycle or a walk



## April

Date	Distance (miles)	Effort session	Focus/aim	Optional extras
2-4-18	2.2 - 3	Group walk & jog with running drills & efforts interspersed at meeting places	Improve running form	Alternating walking & jogging for 25 minutes & strength & Stretching
9-4-18	2 - 2.5	Longroydes, Beeston: 5 x 80m dash	Using the upper body to spread the work	Alternating walking & jogging for 30 minutes & strength & Stretching
16-4-18	2 - 2.5	JCCS athletics track: 800m social warm up, running practice, 400m steady, 300m steady & 100m recovery, 400m delayed start, 3 mins of relays, 400m social cool down	Track introduction - get used to the environment	Cross Flatts Parkrun - 28th April, 9am, with Sisters
30-4-18	0.6 - 2	JCCS: 30 minutes alternating walking and jogging & fuddle afterwards	See how many times round you can go	Cross Flatts Parkrun

The Saturday 29th April we invite you all to run together at Cross Flatts Parkrun. The aim of this is to see if all the hard work has paid off - complete (non-stop) 5K (3 miles), running as much as you can. You don't need to be fast, you just need to finish. This event itself is a welcoming and non competitive run in Cross Flatts park. There is a welcoming and friendly atmosphere there and you will have a Sister to run with the whole way round.

On Monday 30th we will celebrate everyone's efforts in true Sisters' fashion - sharing food in the Phoenix bar, with a drink on the house. Here you will be presented with your very own South Leeds Sisters' buff (sports head gear). You will be able to ask any questions, still unanswered, about running with the Sisters. We hope you will have enjoyed the course and stick with us to remain part of the running community in South Leeds.