

**girlzrun: The Hub, Regents Park.
Beginners and Intermediates running day – Provisional Schedule
26th June 2010
9.30am- 5.00pm**

09.30: Arrival, registration and coffee/tea.

10.00-10.05: Introductions.

10.05-11.00: Training talk: How to pace your effort, common mistakes made by beginners.

11.00-11.15: Change ready for the practical run session.

11.15-11.30: Warm up and dynamic stretching.

11.30-12.10: Practical run session. Split into 2 groups complete beginners and intermediate. It is about finding that comfort zone, where running does not have to hurt. It is all about understanding your perceived effort. This will be a gentle session catering for all abilities.

12.10-12.30: Post run static stretch session: Simple stretches that can be done to improve range of movement and minimize risk of injury.

12.30-13.15: Lunch, refuel and recover.

13.15-14.00: Nutrition: Eating for maximum energy and health. What to eat and when.

14.00-14.45: Injury prevention - practical. Easy and practical methods to keep you running.

14.45-15.00: Coffee break

15.00-15.45: Get Motivated. Goal setting and mental techniques to keep you stepping out of the front door.

15.45-16.15: Kit- Essential items for your running wardrobe.

16.15-16.45: Live interview: How ones persons story can inspire others to do the same.

16.45-17.00: Q and A and conclude.