



Name

Training Schedule – Autumn 2025 – Head Coach Rob Stenhouse

Your eight-week training schedule will be approx. 30-45 minutes a session, three times a week, the 2nd and 3rd session in any week being solo or with other group members (a total of 23 sessions + a 5K). Group sessions are every week, and I ask you to comply with the whistle & instructions at all times to ensure your safety and fitness throughout the programme. The programme includes guidance on breathing, running technique,

and help with niggles as your body adjusts to your new regime – please ensure your coach knows of any health or breathing problems, niggles or pain **BEFORE, DURING** or **AFTER** the session.

You should **fill in the blank dates below** & maintain a record of your progress.

Week	Date	Activities	✓
1	Tues 30 th Sep	Welcome & Introduction – 3 min group march / 1 min jog – repeat x 6	
	Your session	2 min march / 1 min jog – repeat x 8	
	Your session	2 min march / 2 min jog – repeat x 4	
2	Tues 7 th Oct	3 min group march / 2 min jog – repeat x 5	
	Your session	3 min march / 4 min jog – repeat x 4	
	Your session	3 min march / 4 min jog + 3 min march / 5 min jog + 3 min march / 6 min jog	
3	Tues 14 th Oct	4 min group march / 8 min jog – repeat x 3	
	Your session	March for 10 mins then jog back to starting point – repeat x 2	
	Your session	Repeat above	
4	Tues 21 st Oct	5 min group march / 12 min jog – repeat x 2	
	Your session	5 min march - 12 min jog – 5 min march – 15 min jog	
	Your session	5min brisk march – 15 min jog – 5 mins brisk march	
5	Tues 28 th Nov	5 mins brisk group march – 20 min group jog - 10 min warm down march	
	Your session	5 min march – 15 min jog – 10 min march	
	Your session	5 min march – 20 min jog – 10 min march	
6	Tues 4 th Nov	Group jog – 30 mins - 5 min warm down march	
	Your session	5 mins brisk march - 25 mins Jog – 10 min warm down march	
	Your session	5 mins brisk march - 25 mins Jog – 10 min warm down march	
7	Tues 11 th Nov	Fitness check – 5 mins brisk march - group jog for 40 mins – 5min warm down	
	Your session	5 mins brisk march - 35 mins Jog – 10 min warm down march	
	Your session	5 mins brisk march - 30 mins Jog – 10 min warm down march	
8	Tues 18 th Nov	Final group jog 5 mins brisk march - group jog for 40 mins – 5min warm down	
	Final session	Jog for 20 mins – march for 5 – Stretch your legs & jog back to start (total 40mins jog) – Important! Rest for at least 2 days before graduation	
	Sun 23 rd Nov	GRADUATION DAY 5K (3.1 miles) run – 11am Longrun Meadow	