



## Absolute Beginners

week	Date	Running	Potential Events
1	18 January 2009	Run 1-1-2-2-1-1 ( <b>1 min walk</b> in between each run)	
2	25 January 2009	1-1-2-3-2-1 (30 sec <b>walk</b> in between)	
3	01 February 2009	Run 1 minute. Walk 1 min Run 4 mins or half way round lake	
4	08 February 2009	Run 1 min, walk 1 min, run 6 mins, 30 sec walk, 4 min run, 30 sec walk, 3 mins run	
5	15 February 2009	run half way round lake, rest, run rest of lake	SAT 14th Love run 5K Heaton park
6	22 February 2009	complete 1 lap of lake	
7	01 March 2009	The hills (just first one then back)	Alex Park 5K
8	08 March 2009	1 lap of lake, rest, half flap of lake, walk back	
9	15 March 2009	2 laps of lake	Muddy March hare 6K Bolton
10	22 March 2009	20- 30 mins running <b>non-stop !</b>	
11	29 March 2009	From here on in we will do a variety of distances and speeds	Wilmslow 1/2 Marathon Drinks - Lead station
12	05 April 2009		Alex Park 5K - Drink in Lloyds
13	12 April 2009		Frid 10 Salford 10K
14	19 April 2009		Bolton 10K
15	26 April 2009		Salford 5K Heaton Park
16	03 May 2009		Chorlton fun run?
17	10 May 2009		
18	17 May 2009		Manchester 10K! Big Meal
19	24 May 2009		

20	31 May 2009		
21	07 June 2009		
22	14 June 2009		Comberbach 5K 10.30AM
23	21 June 2009		(25th--5k Sizzlers start Wythenshawe park)
24	28 June 2009		Fleetwood 10K
25	05 July 2009		Winston runners Ladies 5K
26	12 July 2009		
27	19 July 2009		Summer drink- Jackson's Boat 12.00
28	26 July 2009		Moon raker 10K Middleton 11.00am
29	02 August 2009		
30	09 August 2009		
31	16 August 2009		
32	23 August 2009		Kirkham 10k or Blackpool 10M
33	30 August 2009		
34	06 September 2009		
35	13 September 2009		
36	20 September 2009		
37	27 September 2009		Chernobyl 10K Preston
38	04 October 2009		
39	11 October 2009		Paris 20K !!
40	18 October 2009		
41	25 October 2009		
42	01 November 2009		
43	08 November 2009		
44	15 November 2009		Preston 10 Miler - Lunch
45	22 November 2009		
46	29 November 2009		
47	06 December 2009		
48	13 December 2009		1/2 Marathon - Date & Venue TBA
49	20 December 2009		
50	27 December 2009		

Remember to keep a training log to monitor your progress.  
 Take the talk test- if you can't talk and run slow down.  
 Set yourself goals - have a distance in mind, no matter how long or short then next time either increase the distance or do it quicker.



