



## Absolute Beginners 2010

week	Date	Running	Potential Events
1	24 January 2010	Run 1-1-2-2-1-1 ( <b>1 min walk</b> in between each run)	
2	31 January 2010	1-1-2-3-2-1 (30 sec <b>walk</b> in between)	
3	07 February 2010	Run 1 minute. Walk 1 min Run 4 mins or half way round lake	
4	14 February 2010	Run 1 min, walk 1 min, run 6 mins, 30 sec walk, 4 min run, 30 sec walk, 3 mins run	
5	21 February 2010	run half way round lake, rest, run rest of lake	Blackpool half marathon
6	28 February 2010	complete 1 lap of lake (a mile)	
7	07 March 2010	The hills then half lap of lake	Alex Park 5K
8	14 March 2010	1 lap of lake, rest, half flap of lake, rest 2nd half of lake	
9	21 March 2010	2 laps of lake	
10	28 March 2010	20- 30 mins running <b>non-stop !</b>	Wilmslow 1/2Marathon
11	04 April 2010	From here on in we will do a variety of distances and speeds	
12	11 April 2010		
13	18 April 2010		
14	25 April 2010		
15	02 May 2010		
16	09 May 2010		
17	16 May 2010		
18	23 May 2010		Manchester 10K! Big Meal
19	30 May 2010		
20	06 June 2010		
21	13 June 2010		
22	20 June 2010		

23	27 June 2010		
24	04 July 2010		
25	11 July 2010		
26	18 July 2010		
27	25 July 2010		
28	01 August 2010		
29	08 August 2010		
30	15 August 2010		
31	22 August 2010		
32	29 August 2010		
33	05 September 2010		
34	12 September 2010		
35	19 September 2010		
36	26 September 2010		
37	03 October 2010		
38	10 October 2010		
39	17 October 2010		
40	24 October 2010		
41	31 October 2010		
42	07 November 2010		
43	14 November 2010		
44	21 November 2010		
45	28 November 2010		
46	05 December 2010		
47	12 December 2010		
48	19 December 2010		
49	26 December 2010		
50	02 January 2011		

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.



