

**Welcome to Rhondda Valley Runners Beginners Programme!**

Thanks for your interest in joining us! We aim to help you enjoy your time running with us and promise that we’ll help you meet your fitness goals.

**Who are we?**

All helpers and coaches at RVR Beginners are volunteers and are experienced runners who are members of the main Club. Rhondda Calley Runners is a well-established club, affiliated to Welsh Athletics and governed by constitution.

**What can I expect?**

After a short warmup, you will run with one of three groups depending on your running ability. Routes will vary, and will gradually build up in distance and difficulty over the programme. At the end of each run you will be led in a stretching session which will help you recover and avoid injury.

The beginners’ programme runs for 10 weeks, after which we would expect you to join the main club runs.

**How much is it:**

The cost for the programme is £15.

**Running tips**

When running with the group please following the guidelines below, out of courtesy to others and safety for yourself and others.

* be aware of the traffic and obstacles around you: this means not covering your ears – please do not use headphones;
* always take instructions from the group leaders;
* wear appropriate clothing including high visibility if running on a dark night;
* on shorter runs, it is not worth carrying a bottle. Save it for the end of the run!
* cross roads as a group, don’t string out across the road;
* particularly in the dark beware of holes, kerbs, bollards, roots and tarmac lifted by tree roots, and poorly levelled or slippery gratings and chamber covers;
* pavements in the Rhondda can be narrow, especially on Mondays when rubbish bags are put out, take care when the path narrows;
* warn fellow runners of hazards you see;
* be aware of pedestrians particularly when running up behind people: it can be scary when a group of heavy breathing individuals run up behind you! Thank pedestrians who give way;
* leave space between you and the runner in front in case of a change of direction (including that caused by tripping!) or stopping for traffic;
* if you find yourself ahead of the group please ‘loop back’ for the runners behind you: this will ensure the group stays together and will ensure that everyone in the group is getting the best from their run;
* if you decide to turn back early ensure the group leader is informed.

**What to wear?**

Lightweight running clothing is best, if cold add more thin layers. Running clothes can be purchased reasonably cheaply at shops such as Sports Direct, etc.

It is important to wear good shoes, which can help you avoid injury. Many shops do a gait analysis which can help you to be fitted with the correct shoes for you, but the important thing is to get shoes which are designed for running, especially as the miles increase. If in doubt, buy a pair of neutral road shoes.

For the ladies, a good sports bra is as essential a piece of kit as a good pair of trainers. A bra should fit snugly without the rib band restricting breathing, and straps need to be wide enough to support the breast without causing ridges on your shoulders.

**Stretching**

It is important to stretch after each run to promote recovery and flexibility. We will lead stretching exercises after each run, but if you run on your own you might like to consider the following stretches:

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| http://www.sparkpeople.com/assets/exercises/SmFinals/Standing-Quad-Stretch.jpg  Standing Quad Stretch | http://www.sparkpeople.com/assets/exercises/SmFinals/Leaning-Single-Leg-Calf-Stretch-at-Wall.jpg  Leaning Single-leg Calf Stretch | Standing Hamstring Stretch  Hamstring Stretch |
| http://www.nhs.uk/Livewell/c25k/PublishingImages/HOW%20TO%20STRETCH%20AFTER%20A%20RUN/hip-flexor-stretch.jpg  Hip Flexor Stretch | ... Human Performance/Exercise Health Sciences: 1... 2... 3... Stretch  Arm stretch (smile optional!) | https://sp.yimg.com/xj/th?id=OIP.M9a2bddf7f896495e597b0801875adc33o0&pid=15.1&P=0&w=224&h=171  Shoulder stretch |

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Facebook (Rhondda Valley Runners and Rhondda Valley Runners Beginners Page)

Website <http://www.rhonddavalleyrunners>

Email for Beginners group: [rvrbeginners@gmail.com](mailto:rvrbeginners@gmail.com)

Application form available [here](http://www.rhonddavalleyrunners.co.uk/uploads/5/1/7/2/51728175/2016-11-11_beginner_details_form.docx)

**Committee**

Rachel Walters – Chair

Amy Edwards – Secretary

Victoria O’Reilly – Treasurer

Gareth Denton – Fixtures/Media

Angharad Bevan – Welfare Officer

Dave Reed – Training Officer

Dawne Meynell-Western – Social Secretary

Alison Gardiner, Angharad Bevan, Hayley Gittins – Beginners’ Co-ordinators