

## Information on Stocksfield Striders:

We are a small, friendly running club, based at Stocksfield Cricket Club.

We meet every Tuesday evening at 7.30pm.

We welcome all abilities and ages (over 16 only)

We organise other events including weekend runs, social events, an annual meal and prize giving, relays etc

We are affiliated to England Athletics

Our website is at <http://stocksfieldstriders.btck.co.uk/>

Our annual fees which include Cricket Club membership, payable in April are £30 (£12 additional charge for England Athletics “competing members”)

Contact:

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## BEGINNERS GUIDE

### An Introduction to Running

## 10 Top Tips

- Get a check up from the doctor before you start running regularly and especially if you're new to exercising.
- Invest in a new pair of proper running shoes. They will help prevent injuries.
- Build up your running gradually. Don't increase the total mileage or time run by more than 10% per week.
- Try to run at least 3 times per week, even if it's just for 10 or 15 minutes. If you leave longer than 3 days between runs it will feel like starting again each time you go out.
- Keep a record of your running to keep you motivated and track your progress.
- Set a realistic goal to aim for. This could be to run for say 30 minutes or 5 miles or to compete in a local race. This will be different for everyone.
- Make it interesting – try different routes, off road running and / or running with friends.
- Make arrangements to meet someone for a run. You are more likely to get out of the door.
- To start with, don't worry about the distance you are covering – concentrate on the time you spend running.
- Accept that you won't feel great on all runs or always feel that you are improving. Everyone has bad days. Just slow down or walk and don't let it put you off.

## Useful Websites

[www.mapometer.com](http://www.mapometer.com) Free, website where you can mark out your run and work out the distance covered.

[www.runnersworld.co.uk](http://www.runnersworld.co.uk) Site connected to the Runners World magazine. Loads of information on training, races, diet etc

[www.startfitness.co.uk](http://www.startfitness.co.uk) A good website for ordering running clothes and equipment online

[www.northeasttraces.com](http://www.northeasttraces.com) A website listing details of and links to all forthcoming north east races.

[www.fetcheveryone.com](http://www.fetcheveryone.com) A running website to log training, blog and join in the forums. Loads of great advice from the 1,000s of subscribers.

## Equipment

The only really important equipment you need as a beginner is a decent pair of running shoes. This will help prevent injuries such as shin splints or sore knees.

There are two good running shops in Newcastle where the staff will check your feet to see what kind of shoe is best for you and make sure you are properly fitted:

**Start Fitness:** 49 Pilgrim Street. This is on the crossroads, opposite the main police station and the Northern Rock.

**Northern Runner:** 52 Low Friar Street. This is on a small street to the left of The Gate cinema complex.

Once you get started, you may want to buy some running trousers / tops / socks etc, but to start with any general sports clothing is fine.

### Example beginners' schedule

Beginners schedule from runnersworld.co.uk:

Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 30 minutes in the space of eight weeks. All you need to do is make a commitment to run at least three times a week and follow this simple run-walk programme which will gradually ease you towards the goal.

### The Schedule

- **Week 1** Run one min, walk 90 seconds. Repeat eight times. Do three times a week.
- **Week 2** Run two mins, walk one min. Repeat seven times. Do three times a week.
- **Week 3** Run three mins walk one mins. Repeat six times. Do three times a week.
- **Week 4** Run five mins, walk two mins. Repeat four times. Do three times a week.
- **Week 5** Run eight mins, walk two mins. Repeat three times. Do three times a week.
- **Week 6** Run 12 mins, walk one min. Repeat three times. Do three times a week.
- **Week 7** Run 15 mins, walk one min, Run fifteen mins. Do three times a week
- **Week 8** Run 30 mins continuously.

### Ideas for runs around Stocksfield

A few ideas:

- Cricket club to tennis courts and back – 1.5 miles
- Cricket club to Bywell Bridge and back – 2 miles
- From New Ridley, take the small road along the side of the golf course(Scales Cross side). Turn left on the bridlepath at the top by the houses and back down the Hedley road (2.3miles circuit)
- Cricket club to Bywell Church and back – 3 miles
- Cricket club – Guessburn, up Bat House Road, along New Ridley Road, down Apperley Road and back along main road – 3 miles
- From the cricket club, along Guessburn, left at Rose Cottage, past the B&B, over the road onto the bridle path. Up the hill to Broomley village then turn right and follow the minor road back to the A695 and back into Stocksfield – 4 miles
- From Cricket club – along the footpath past Merryshields farm and through the woods and fields to Cherryburn. (3 miles if you come up the hill at Mickley and 4 miles if you carry on along the track to Hammerite and back on the main road)
- Park at Prudhoe Riverside park and run towards Wylam and back. (4 miles in total to Hagg Bank Bridge and back and 5 miles in total to Wylam Bridge and back)
- Lots of routes in Broomley woods

### Running Record / Log

It's a good idea to keep a brief record of your running. This helps to keep you motivated towards your goal and you can also look back

and see how much you have improved. You can buy ready-made record books from places like Start Fitness, but its' easy enough to make your own in a note book, then you can put in as much or as little detail as you want.

Example:

Date	Route	Time	Distance	Comments
13.10.11	Cricket Club to Tennis Courts and back	20 mins – running 1 min, walking 1 min	1.5 miles	Felt comfortable