

# Saffron Striders 2024 Beginners Running Course

This document is designed to inform those interested in our course what is involved and also to guide those who have joined or applied to join what will happen and what they should do.

## About Striders:-

Saffron Striders Running Club has about 200 members who live in or around the town.

There are an equal number of men and women, whose average age is around 46.

We have some very fast runners and a lot of relatively slow runners, we have many runners who prefer to run shortish distances and some who enjoy running over 100km. (Yes, incredible!) It doesn't matter how slow or fast you want to be, all are welcome.

Because we run on roads in many club sessions, for safety reasons members must be over 16.

## Who is this course for?

Men or women of any age who would like a little help and support to be able to run 5km.

Most of our beginners have not run for a long time, even going as far back as school days. Some used to run but stopped and wanted to get going again. Some have been injured runners who want to build up slowly back to fitness. So while you might see a wide variety of abilities but most are just like you.

Please ensure you read and act on the 'Preparation' section towards the end of this leaflet

## What happens?

You must send in an application form to us in advance so that we can ensure you are included on the England Athletic database for insurance (Public Liability), we have your emergency contact details.

At every session we begin with a series of warm up drills to get your mind and body in the right place for running and to reduce the risk of injury. Then we will undertake a running based activity. We close the session with stretches to help avoid stiffness and again to reduce the risk of injury to muscles that you might not have used for a long time.

As you might imagine, over the 11 weeks each session becomes a little harder and the distance covered a little longer.

At all times UK Athletics licensed coaches will guide you, answer your questions and encourage you.

There is no pressure to go faster; we are building your endurance not your speed. It is not a race. Everyone will go at their own pace, it makes no difference if you are fastest or slowest and you should not think it does.

## Where and when?

We will learn and train at Carver Airfield. There we have access to a fabulous running track, wide tarmac runways and grass fields.

The course lasts 10 weeks plus an 11<sup>th</sup> week which is a 5km timed event. The first session is on Thursday 25<sup>th</sup> April and continues every Thursday evening until 4<sup>th</sup> July. We run whatever the weather, unless it is not safe to do so.

### **What do I wear?**

You must have shoes appropriate for running. Apart from that what you wear is your choice, make your clothing appropriate to the weather and how hot or cold you get when doing exercise. It is not a fashion show.

### **Food and Drink?**

No need for any food at the session, in fact we would recommend that you do not eat anything substantial less than 2 hours before you train. Drinks are essential, water is perfectly adequate; bring with you to every training session.

### **Shirts and ICE tags**

We ask for your shirt size and the name you would like printed on the shirt (usually your first name) on the application form. Our shirt supplier is already lined up so that we can provide you with a personalised Striders T Shirt very quickly. That helps everyone know each other's names. Your coaches will also be wearing different Striders coaching shirts with their names on.

After a few weeks we will be able to present you with your ICE (in Case of Emergency) tags. These are small plastic tags that you can attach to your shoe (if you wish) showing your name, your emergency contact and any health issues. In the event of an emergency it allows fast response. You can carry this with you at any time, not just when training.

The cost of shirts and tags are included in the course fee.

### **Payments and Refunds**

As soon as we get your application form and payment, we register you with England Athletics and order your shirt and ICE tags. We have to pay for all of these up front, so if you don't start the course or you drop out for any reason, we are sorry but there are no refunds because your payment to us has already been spent.

### **Homework**

At the end of each Thursday evening session, we will tell you your homework. We will also email you about homework in the days after the session. The homework should be done by the following Tuesday evening at the latest; it should not be done on the evening before the session Thursday session. To run 5km after 10 weeks, you will need to complete your homework.

If you miss a session, you will also receive advice on what to do to catch up.

## **Venue**

**Carver Airfield.** Elder Street. Entrance 200m from Debden Barns CB11 3JY.

Car parking inside airfield. Please arrive between 6.45pm and 7.00pm, after then gates will be locked. There is pedestrian access only after 7pm if you are late.

## Have you a question that has not been answered here

Then email [coach@saffronstriders.org.uk](mailto:coach@saffronstriders.org.uk)

## How to apply

Download and complete the application form that you will find on the home page of <https://www.saffronstriders.org.uk/> For the 2024 course applications should be made **before Saturday 20<sup>th</sup> April 2024.**

## Preparation

Most beginners will not have recently used the leg muscles involved in running very much at all. Walking is definitely not the same as running, though it is a good exercise. As beginners you will use your calf muscles a lot, so they will be the ones most susceptible to injury. You can best prepare for this course by strengthening your calf muscles in advance.

### First drill – do this morning and evening every day



Legs straight. Lift body using feet as high as possible. Hold for 20 seconds. Lower slowly to ground.

Repeat 10 times

(Image courtesy of Lewis Riches of Injury Active Saffron Walden)

### Second drill – when you can do the first drill without real problem; add on this second drill in addition to drill one



Knees bent. Lift body using feet as high as possible. Hold for 15 seconds. Lower slowly to ground.

Repeat 10 times

(Image courtesy of Lewis Riches of Injury Active Saffron Walden)

### Third drill – when you can do the first and second drills drill without real problem, don't do them anymore and do drill three instead.

### Drill three:-

Try doing 10 lifts in the morning and 10 in the evening. If you find that easy, do 15. You are right, my stairs don't look like those in the picture either! If you don't have stairs, use a kerb outside or some bricks, do use a wall or something for support.

This drill is one you can do for the rest of your running career. As you get stronger you can do more and eventually you will be able to do this drill on just one leg at a time – but that's not for now!

Here is a link to the video

[https://www.youtube.com/watch?v=jfKTT\\_hr8bk](https://www.youtube.com/watch?v=jfKTT_hr8bk)



**And when you have sent in your application form to join our Beginners – welcome!**

**Dear Strider,**

**Welcome to your new Club!**

Whatever your age and whether you are a beginner or an experienced runner, we are delighted you have decided to join us.

You will find our website here <http://www.saffronstriders.org.uk/> where there is a lot of information including club contacts, a race and training calendar, details of social events, individual results and running routes.

We have a private [Facebook](#) group that is used for club/member communications. We also have a public presence on social media via our club twitter feed (@saffronstriders) and public Facebook group [www.facebook.com/saffronstriders](http://www.facebook.com/saffronstriders) . It is a closed group so you will need to apply to that group to take part; we strongly recommend that you do.

On joining Striders, we will register you with England Athletics who will send you your URN (unique registration number) once your membership payment is cleared. This will give you reduced entry fees at most races as an affiliated runner.

Club Running night is Tuesday See end of this letter for details), but very often we have a second training session of some type each week. Watch out for emails or facebook notices.

Our club captains are Alan Jones and Charlotte Diggins.

If you need any kit, please look here <https://www.saffronstriders.org.uk/club-kit/> for our Striders badged items. If you are competing in an event against other clubs, you do need to wear a Striders vest.

You will find a lot of information about training here <https://www.saffronstriders.org.uk/what-training-do-i-want/>

Every month we email a newsletter to all members. This will give you information about up-coming races, training opportunities, social events, race news etc. If you do not get one, please contact [membership@saffronstriders.org.uk](mailto:membership@saffronstriders.org.uk) so we can check our email database. Please also check your Junk Folder or Safe Senders list and be sure to add @saffronstriders.org.uk as a trusted domain to ensure you get all club email notices.

Most Striders have a Strava account, both on computer and on smart phone. <https://www.strava.com/>. There is a free and a paid for version. If you are carry a smartphone with you, then the Strava app can be used to record and store the details of your run. There is also a Saffron Striders Strava group. If you are seeking any help with personal coaching plans, the coaches will require you to have a Strava account so they can see your runs from the comfort of their armchairs!

## **Hopefully not, but you might get Sports Injuries**

If you're struggling with any aches and pains which haven't faded and you're not sure on what the next steps are then look to get in contact with Lewis at Injury Active Clinic who can help prevent, assess and rehab any problems you are suffering with.

!0% discount for members of Saffron Striders.

Lewis Riches  
Sports Therapist at Injury Active

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