



## Elements of Running – Level 2

### Pre-requisites

Level 2 is an advanced beginner and intermediate course. This program is suitable for those who already run or run/walk regularly – whether that's just a few miles for health and fitness, or you're training for a 10K or half marathon with us this season.

### Schedule & Commitment

- **Weekly 45-minute Google Meet group call**, at a time mutually convenient for the group (usually this is a midweek evening). Attendance is strongly recommended every week to make the most of the connections and the education!
- **Weekly video lesson** to watch in your own time inside the Run Empowered group coaching community. These videos are typically 5-10 minutes long and give you practical exercises or journal prompts to support the week's topic.
- The recommended running schedule will include **3-5 runs per week**. Training plans are available at different levels.
- **Communication during the week** takes place in our private chat group inside the coaching community. It is up to you how much time you spend in the community, but we encourage regular check-ins to enjoy higher motivation and deeper connection with your training group.

### Program Content & Topics

**Note:** *depending on the group's needs and common goals, it's possible that we make some minor adjustments to this plan as we progress through the program.*

- Goal setting & review
- Progressing from a novice to an intermediate runner; good running habits
- Mobility exercises and soft tissue self-care for runners
- Simple running form and technique drills
- Effort and pacing: how to learn your paces and train in the right zones
- Rest vs active recovery
- Different hill workouts and their purpose
- Tempo pacing and workouts; why your lactate threshold is significant
- Cross-training and targeted strength training for runners

