

Training for the Great Eastern Run

January is a great time to start a training plan aiming to compete in the fantastic local half marathon in October 2013.

A good plan is to join a local running club, here are some reasons that might help you choose. Firstly we are lucky enough to have about 10 good clubs around the Peterborough area – so there is likely to be one close by.

All clubs will provide advice and help a runner of any ability. Joining a club will provide running partners (if you want one) or someone that you might like to emulate. You get insurance so that if anything goes wrong when you are out training to provide peace of mind. Your membership entitles you to a discount on the normal race entry fee - typically you can save 2.00 on any event you enter (it is not unusual for beginners to enter a few races approaching the big day).

All the clubs are renowned for being friendly, once you have done a few training runs – in your enthusiasm your parting words of ‘see you next week’ might return to haunt you. However, you wouldn’t want to let your new found friend down so you turn up anyway and enjoy the run – without that commitment a night in watching TV might have resulted and you would have been no nearer your goal.

I run with Thorney Running Club, we have members that have trained to run the whole distance from a starting point of not being able to run 500 yards without stopping – now the bug has bitten and they are training to run the race in a faster time. There are some club members that have run some impressive times – and loads in between.

If you live East of Peterborough you could do worse than have a look at the web site www.thorneyrunningclub.co.uk or just turn up on a training evening as what is going on – all ages and abilities are welcome. You can be as structured as you want of just enjoy a run to keep fit.