



## Runwise in Lakeland Running Retreat.

### Sunday

<b>2.00 pm</b>	<b>Arrive and refreshments</b>
	Course introduction with coaches Principals of warm ups & cool downs. run on trails forestry track with coaches Cool down session including Developmentals stretching. PNF
<b>7.30 pm</b>	Evening meal

### Monday

<b>8.00 am</b>	<b>Breakfast</b>
<b>10.30 am</b>	Warm up and trail low level fell run with coaches Including PNF, Developmental stretching
<b>1.00 pm</b>	<b>Lunch</b>
<b>2.30pm</b>	Sports massage session theory & practical,
<b>3pm</b>	Core stability for runners.
<b>5pm</b>	Injury prevention,
<b>7.30 pm</b>	Evening meal and open discussion, with coaches

### Tuesday

<b>8.00 am</b>	<b>Breakfast</b>
<b>10.30 am</b>	Warm up trail run forestry trails with Coaches Cool down
<b>1.30pm</b>	<b>Lunch</b>
<b>2.30</b>	<b>Sports massage session practical</b>
<b>4.00</b>	Sports Nutrition session Injury prevention & basic treatment plans,
<b>7.30 pm</b>	Evening meal

### Wednesday

<b>8.00 am</b>	<b>Breakfast</b>
<b>10.30 am</b>	Warm up and lovely road and trail with Coaches Cool down
<b>12.30</b>	Pilates for runners session
<b>1.30 pm</b>	<b>Lunch</b>
<b>2.45pm</b>	Bio mechanics for runners session.
<b>Refreshment break</b>	
<b>4.45pm</b>	Injury prevention remedial & sports massage session.
<b>7.30 pm</b>	<b>Dinner. Open discussion with coaches,</b>

### Thursday

<b>8.00 am</b>	<b>Breakfast</b>
<b>10.30 am</b>	Warm up Open fell side trail run with coaches Sports massage Training Schedule Planning for Races. With Runwise Coaches
<b>1.45 pm</b>	<b>Lunch</b>
<b>2.45pm</b>	<b>Practical Sports massage session</b>
<b>4.30pm</b>	<b>Developmental stretching session</b>
<b>5.30pm</b>	<b>Bio mechanics for runners session 2</b>
<b>7.30pm</b>	<b>Dinner</b>

### Friday

<b>8.00am</b>	<b>Breakfast</b>
<b>10am</b>	<b>Warm up Forestry trail run with coaches</b>
<b>11.30am</b>	<b>Sports massage &amp; developmental stretching session</b>
<b>1.30pm</b>	<b>Lunch</b>
<b>2.30pm</b>	<b>Question &amp; answer session &amp; Runwise evaluation</b>
<b>4pm</b>	<b>Finish</b>

