**Potters ‘Arf Training – Week by Week Running Plan**

**Week 1:**

**Run 1 (B4 Route 3):** **4.4 miles (Leek Road / Monsal Grove / Birches Head)**

1. Turn left out of the carpark into Birches Head Road and then right into Leek Road.
2. Stay on Leek Road until the junction with Cromer Road.
3. Turn right into Cromer Road and at the top of Cromer Road, turn right into Keelings Road then right into Janet Place and into Botany Bay Road.
4. Continue as the road changes to Monsal Grove then turn left into Widecombe Road.
5. Just before the top Widecombe Road, turn left into Diana Road, then turn left to run down Athena Drive, back to the junction with Monsal Grove.
6. Turning left, run back up Monsal Grove, turning left into Widecombe Road.
7. At the top of Widecombe Road, turn right into Birches Head Road, running downhill to complete your run.

**Run 2 (L5 Route 2): 4 miles (Leek Road / Leek New Road out and back)**

1. Turn left out of the carpark and along Birches Head Road, before turning left into Leek Road.
2. Continue along Leek Road, cross over at the traffic lights, and into Baddeley Green Road as far as the garage.
3. Turn left onto Leek New Road and continue until the junction with Trentfields Road.
4. Turn round and retrace your route.

**Challenge: run back faster than you run out – deliberately try and speed up. Aim for 1-2 minutes faster.**

**Run 3: 6 -7 Miles or 70 Minutes (Flat)**

**Suggested Route: S1 Route 4 – 6.5 Miles (Stoke Station Loop)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road until you reach Bucknall Road (Lime Kiln Traffic Lights).
3. Cross over at the traffic lights and continue until you reach Lichfield Street roundabout.
4. Cross over at the crossing point and continue along Leek Road until you reach Station Road.
5. Turn right into Station Road, then right onto College Road, staying on College Road as you skirt Hanley Park.
6. Turn right into Cleveland Road, continuing into Regent Road. Cross Lichfield Street into Derby Street then turn right into Botteslow Street.
7. At the bottom of Botteslow Street, turn left into Leek Road and return to Birches Head Road.

Alternatively why not incorporate Hanley parkrun into your long run.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

***Always remember to follow the Highway Code when out running.***

**Week 2:**

**Run 1 (W3 Route 3): 4.1 Miles (Marychurch and Fellbrook Lane)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road for approximately 1.5miles before turning left into Bucknall Road, then bear right into Dividy Road.
3. Turn left into Beverley Drive, then left again (just before the roundabout) into Malthouse Road, then right up Ruxley Road, left into Marychurch Road (be aware of traffic) then go downhill to Werrington Road.
4. Cross over Werrington Road (you may need to go to the nearby crossing point) and into Fellbrook Lane.
5. Continue along Fellbrook Lane into Abbey Lane. You will need to turn left (still on Abbey Lane) then right into School Road.
6. At the end of School Road, turn left into Whitehouse Road, then right again back on to Leek Road, then left into Birches Head Road to complete your run.

To extend your run, why not use Beverley Drive / Malthouse Road for some hill reps – this will be really good practice for the Potters ‘Arf.

**Run 2 (H1 Route 1)**: **2 Miles + Hill Repeats (Bagnall Road and back)**

1. Turn left out of the carpark and along Birches Head Road, before turning left into Leek Road.
2. Continue along Leek Road and then turn right into Bagnall Road - ensure you have run for at least one mile before starting your hill repeats.
3. Use Bagnall Road for hill repeats (5-10 repeats running up and jogging or walking down). You can start your hill repeats at several different points.
4. Once you have completed, retrace your route back down Bagnall Road.
5. Turn left into Leek Road and return to Birches Head Road to complete your run.

**Run 3: 7-8 Miles or 80 minutes (Undulating)**

**Suggested Route: E4 Route 3 - 7 Miles (Leek Road / Victoria Road / City Road)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road for just over 2 miles before turning left into Victoria Road.
3. Go up Victoria Road and turn right at the entrance to Fenton Manor, passing through the car park before turning right onto City Road.
4. Follow City Road downhill back to Leek Road, bearing right at the College Campus (opposite Station Road).
5. Follow Leek Road all the way back to Birches Head Road.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 3:**

**Run 1 (S1 Route 2): 4.6 miles – Leek Road / Lichfield Street**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road until you reach Bucknall Road (Lime Kiln Traffic Lights).
3. Cross over at the traffic lights and continue until you reach Lichfield Street roundabout.
4. Turn round and return to Birches Head Road.

**Challenge: run back faster than you run out – deliberately try and speed up. Aim for 1-2 minutes faster.**

**Run 2** **(L6 Route 3)**: **4.6 miles -** **Leek Road / Leek New Road / Milton Road**

1. Turn left out of the carpark and along Birches Head Road, before turning left into Leek Road.
2. Continue along Leek Road, cross over at the traffic lights, and into Baddeley Green Road, before turning left into Leonard Avenue (1.2 miles into the route).
3. Go down Leonard Avenue and then turn left into Leek New Road.
4. After crossing the canal, continue up Leek New Road then turn left into Berwick Road.
5. Continue along Berwick Road until the roundabout then turn left into Milton Road, continuing into Foxley Lane and then Hardman Street and then up Millrise Road to the traffic lights.
6. Turn right at the traffic lights into Leek Road and return to Birches Head Road.

To extend the route, return to Birches Head Road via the Canal (by Hardman Street at the junction with Millrise Road).

**Run 3: 8-9 miles or 90 minutes.**

**Suggested Route: E5 Route 2 - 8.9 miles (Norton Lane / Milton Road) - Hilly**

1. Turn left out of the carpark and along Birches Head Road and go left into Leek Road.
2. Continue along Leek Road, cross over at the traffic lights, and into Baddeley Green Road, before turning left into Leonard Avenue (1.2 miles into the route).
3. Follow Leonard Avenue before turning left into Leek New Road. Cross over at the traffic lights, turning right to go up Norton Lane, as far as the junction with Ford Green Road.
4. Turn left into Ford Green Road, then turn left at the junction with Sneyd Hill into Hanley Road, going down the hill past Burslem Cemetery.
5. At the junction with Leek New Road, go straight over at the traffic lights then turn right into Sneyd Street, following it round to Leek New Road again, where you should turn right.
6. Go down Leek New Road until you reach Berwick Road, then turn right into Berwick Road, then right again to up Milton Road.
7. At the top of Milton Road, turn left into Hanley Road then left again into Buxton Street.
8. Turn right into Kelvin Drive, left into Derek Drive then right again into Donald Drive.
9. Turn left into Birches Head Road and continue down to complete your run.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 4:**

**Run 1 (Hill Reps H1 Route 2): 2.5 miles + Hill Repeats (Cromer Road and back)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road and then turn right into Cromer Road.
3. Use Cromer Road for hill repeats (5-10 repeats running up and jogging or walking down). You can start your hill repeats at several different points e.g. canal bridge, garages.
4. Once you have completed, retrace your route back down Cromer Road, left into Leek Road.
5. Turn left onto Birches Head Road to complete your run.

As an alternative, go out and back along the canal towpath (slightly further).

**Run 2: Easy Run 4 – 5 miles**

Pick your favourite route and enjoy.

**Run 3: 10km Race or 6-7 miles**

If you’re not racing, why not incorporate Hanley parkrun into a longer run. Try running 3 miles before parkrun (e.g. loop of Leek Road / City Road / Victoria Road) then complete parkrun, then run an extra mile to cool down.

<http://www.parkrun.org.uk/hanley/>

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**Week 5:**

**Run 1 – B3 Route 1: 4.4 miles (Birches Head / Milton Road)**

1. Turn right out of the carpark and go up Birches Head Road (run or power walk the steep hill)
2. Turn right onto Donald Drive, then left onto Derek Drive then right onto Kelvin Avenue.
3. Turn left into Buxton Road and then turn right into Hanley Road then right into Leek New Road.
4. Go down Leek New Road and turn right into Berwick Road.
5. Turn right into Milton Road and run to the top end of Milton Road.
6. Turn left into Hanley Road and continue into Chell Street.
7. Turn left into Birches Head Road and run back to complete your run.

As an extra challenge, after step 5, run back down Milton Road then run up again before proceeding to step 6.

**Run 2: C1 (Canal Towpath) – Speed Session**

1. Go up Birches Head Road, joining the canal towpath on the right hand side of the road.
2. Turning left, go under the bridge across Birches Head Road in the direction of Hanley Park.
3. After 1 mile of warm up, run for 2-4 minutes at a faster pace with a short recovery step in between each fast run (e.g. 30secs to 90secs). Repeat the fast sections (called threshold runs) at least four times, turning back towards Birches Head at the mid-point of your run.
4. Return to Birches Head Road to complete your run.

**Run 3: 9-10 Miles or 100 minutes (Undulating)**

**Suggested Route: E3 Route 1 - 9.6 Miles (Anchor Road / Beverley Drive)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road for just over 2 miles before turning left into Victoria Road.
3. Go up Victoria Road then bear left onto King Street, going past Longton Town Hall.
4. Turn left onto Anchor Road (under the bridge) – take care when crossing over.
5. Go up Anchor Road and then at the end of Anchor Road, bear left into Park Hall Road.
6. At the roundabout, turn right into Beverley Drive (6.5 miles into the run).
7. Follow Beverley Drive round to the left then continue on Beverley Drive for approximately 1.5 miles through the roundabout, then turn right into Malthouse Road, then right up Ruxley Road.
8. Turn left into Marychurch Road then go downhill to Werrington Road.
9. Cross over Werrington Road (you may need to go to the nearby crossing point) and into Fellbrook Lane.
10. Continue along Fellbrook Lane into Abbey Lane. You will need to turn left (still on Abbey Lane) then right into School Road.
11. At the end of School Road, turn left into Whitehouse Road, then right again back on to Leek Road, then return to Birches Head Road to complete your run.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 6:**

**Run 1: Recovery Run**

Pick your favourite route for an easy run – conversational pace – 40-50 minutes. Try not to include too many steep hills e.g. Stockton Brook Canal Bridge and back (approximately 4 miles).

**Run 2: 2 Miles + Hill Repeats (Off Road / Donald Drive)**

1. Turn right out of the carpark and walk/run up Birches Head Road
2. Go over the canal and up the hill past Birches Head High School (approx 0.35 miles) and turn right into Donald Drive.
3. Turn right again onto Derek Drive and run to the end of the road.
4. There is a gate at the entrance to the field – go through into the open green space.
5. There are several paths which can be used for hill repetitions – some are steeper than others. The path which runs from Derek Drive to Ralph Drive can be used for some Kenyan Hills – run up and down continuously as fast as you can for 3 to 5 minutes then 1 to 2 minutes on jog recovery or resting. Spend 20-30 minutes on hill work.
6. Return to Birches Head Road via Derek Drive and Donald Road.

**Run 3 10-11 Miles or 110 minutes (Flat start, undulating finish)**

**Suggested Route: E7 Route 2 – 10.5 Miles (Westport Lake and back)**

1. Turn right out of the carpark and along Birches Head Road and join the canal.
2. Turn left and go under the bridge and continue along the canal past Cromer Road, Bucknall Road and Lichfield Street, staying on the canal through Hanley Park and as far as Etruria Locks, where the Caldon Canal meets the Trent and Mersey.
3. Cross over the Trent and Mersey Canal and go right by the locks, taking you in the direction of Etruria Road.
4. Stay on the canal - you will have to cross over and back again by the canal basin (China Gardens) – until just before Westport Lake and then exit the canal by crossing the bridge into Westport Lake Road.
5. Take a sharp left onto Davenport Street then a sharp right onto Westport Road, then turn left onto Market Place, right into Swan Square, go across Waterloo Road and into Moorland Road and stay on this road until you bear right into Hanley Road.
6. Stay on Hanley Road (going past Burslem Cemetery and crossing over Leek New Road), then return to Birches Head Road via Cromwell Street and Barthomley Road.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 7:**

**Run 1: C1 (Canal Towpath) or Leek Road – Speed Session**

This run can be done on any relatively flat route e.g. Leek Road in front of the crematorium or along the canal towpath. After 1 mile of warm up, run for 2-4 minutes at a faster pace with a short recovery step in between each fast run (e.g. 30secs to 90secs). For the recovery step, either run or jog slowly but don’t stop moving. Repeat the fast sections (called threshold runs) at least four times. After the final recovery step, run another 1 mile to cool down.

**Run 2 (W3 Route 3): 5 Miles (Marychurch and Fellbrook Lane with repeats)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road for approximately 1.5miles before turning left into Bucknall Road, then bear right into Dividy Road.
3. Turn left into Beverley Drive, then left again (just before the roundabout) and go up Malthouse Road. At the top of Malthouse Road, turn left into Ruxley Road, then second left into Fenton Road to take you back down to Dividy Road. Turn left back onto Dividy Road and then continue back to the junction with Beverley Drive.
4. Turn left into Beverley Drive, then left again (just before the roundabout) and go up Malthouse Road, but at the top turn right into Ruxley Road this time then left into Marychurch Road (be aware of traffic) then go downhill to Werrington Road.
5. Cross over Werrington Road (you may need to go to the nearby crossing point) and into Fellbrook Lane.
6. Continue along Fellbrook Lane into Abbey Lane. You will need to turn left (still on Abbey Lane) then right into School Road.
7. At the end of School Road, turn left into Whitehouse Road, then right again back on to Leek Road, then left into Birches Head Road to complete your run.

**Run 3: 11-12 Miles or 120 minutes (Hilly Run)**

**Suggested routes:** Take the routes from Run 3 in week 3 (Norton Lane / Milton Road) or week 5 (Anchor Road) and extend accordingly by adding in an extra loop during the run or extra miles along Leek Road at the start finish. If you are able, you might want to run the the Potters ‘Arf route from the bottom of Lichfield Street round to the finish, so you incorporate Anchor and Milton Road. That would be approximately 12 miles, but take it very steady if you do this.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 8:**

**Run 1 (H1 Route 4): 3.2 miles + Hill Repeats (Birches Head Loop)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road and then turn right into Cromer Road.
3. At the top of Cromer Road, turn right into Keelings Road then left into Janet Place and into Botany Bay Road.
4. Continue as the road changes to Monsal Grove then turn left into Widecombe Road.
5. Hill Repeats: Widecombe Road offers several places where you can then undertake Hill Repeats (running up and jogging or walking down).
6. Once you have completed your hill repeats, continue to the top of Widecombe Road, then turn right into Birches Head Road, running downhill to complete your run.

**Run 2: Recovery Run**

Pick your favourite route for an easy run – conversational pace – 40-50 minutes. Try not to include too many steep hills e.g. Stockton Brook Canal Bridge and back (approximately 4 miles), Leek New Road and back, Canal loops.

**Run 3: 7-8 Miles or 80 minutes (Flat / Easy Run)**

**Suggested routes:** there are several options for flat runs using the canal towpaths e.g.

* Along the Caldon Canal from Birches Head to Junction with Trent and Mersey Canal (Etruria) and back – either out and back or back along Leek Road
* Meet at Westport Lake and run back towards Etruria and then return to Westport Lake – incorporate loops of Westport Lake if needed.
* Meet in Hanley Park to run along the canal for 2 to 2.5 miles (towards Birches Head) and then return in time to join Hanley parkrun at 9am for a steady rather than fast parkrun.

Try to run the middle 3 miles at your intended half marathon pace e.g. 10 minute miles if you’re aiming for 2hrs15mins, 11 minute miles if you’re aiming for 2hrs30mins.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 9:**

**Run 1 (L6 Route 3): Leek Road Loop (section of Potters Arf Route) – 5 miles**

1. Turn left out of the carpark and along Birches Head Road, before turning left into Leek Road.
2. Continue along Leek Road, cross over at the traffic lights, and into Baddeley Green Road, before turning left into Leonard Avenue (1.2 miles into the route).
3. Go down Leonard Avenue and then turn left into Leek New Road.
4. Continue up the hill past the traffic lights, then turn left into Berwick Road, then left again at the roundabout into Milton Road, then continue into Foxley Lane and then Hardman Street.
5. Cross over the canal and then join the canal towpath (along the road to the Hardman Centre) and return to Birches Head Road along the canal.

**Run 2: C1 (Canal Towpath) or Leek Road – Speed Session**

This run can be done on any relatively flat route e.g. Leek Road in front of the crematorium or along the canal towpath. After 1 mile of warm up, run for 4-6 minutes at a faster pace with a short recovery step in between each fast run (e.g. 90secs to 120secs). For the recovery step, either run or jog slowly but don’t stop moving. Repeat the fast sections (called threshold runs) at least three times but four or five if you can manage it. After the final recovery step, run another 1 mile to cool down.

**Run 3: 10-11 Miles or 110 minutes (Undulating Runs)**

**Suggested Route: 10.7 miles (Leek Road / Fellbrook Lane / Milton Road)**

1. Turn left out of the carpark and along Birches Head Road, before turning right into Leek Road.
2. Continue along Leek Road for approximately 1.5miles before turning left into Bucknall Road, then bear right into Dividy Road.
3. Turn left into Beverley Drive, then left again (just before the roundabout) into Malthouse Road, then right up Ruxley Road, left into Marychurch Road (be aware of traffic) then go downhill to Werrington Road, cross over (using nearby crossing point) and into Fellbrook Lane.
4. Continue along Fellbrook Lane into Abbey Lane. You will need to turn left (still on Abbey Lane) then right into School Road.
5. At the end of School Road, turn left into Whitehouse Road, then right again back on to Leek Road, then continue along Leek Road and on into Baddeley Green Lane.
6. At the garage, turn left onto Leek New Road and continue on until you turn left into Berwick Road, turning right to go up Milton Road.
7. Go up to the top of Milton Road, where you should cross over Hanley Road and into Sneyd Street, then right onto Leek New Road.
8. At the junction with Hanley Road, go up the slip road and turn right to go down Hanley Road, continuing into Chell Street. Then right to go back down Birches Head Road to complete run.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 10:**

**Run 1 (O1 Route 2): Bagnall Woods – 4-5 miles**

1. Turn left out of the carpark and along Birches Head Road, then right into Leek Road.
2. Cross Leek Road at the crossing point and then turn left and then almost immediately right into Woodead Road. Go up Woodhead Road, continuing as it becomes a footpath / track
3. Stay on Woodhead Road (past the entrance to a farm) - the track veers quietly sharply to the left and then to the right.
4. At the crossroads, turn left into Jack Hayes Lane then follow the road down through Light Oaks and as it becomes Bagnall Road.
5. As you come down Bagnall Road, turn left into Bagnall Woods and explore the trails until you’re ready to return to Birches Head Road (go across the fields to come out on Woodhead Road).

When running off road in Bagnall Woods, stay in groups of 3-4, wear bright coloured clothing and agree a cut-off time for when you will all meet up to run back to the club together.

**Run 2 (H1 Route 3): 3 miles + Hill Repeats (Milton Road)**

1. Turn right out of the carpark and walk/run up Birches Head Road, going over the canal and up the hill past Birches Head High School (approx 0.35 miles to Widdecombe Road junction)
2. Continue along Birches Head Road and turn right into Barthomley Road, then right again onto Hanley Road, then turn right into Milton Road.
3. Run down Milton Road then use Milton Road for hill repeats (5-10 repeats running up and jogging or walking down). You can start your hill repeats at several different points.
4. Return to Birches Head Road via the same route (or via Kelvin, Derek and Donald Drives).

**Run 3: 8-9 Miles or 90 minutes (Undulating Runs)**

**Suggested routes**: take the routes from Run 3 in week 3 (Norton Lane / Milton Road) or week 5 (Anchor Road) and adjust distance accordingly. Try and follow a different route to that used in week 7 e.g. if you ran Anchor Road / Dividy Road in week 7, follow the Norton Lane / Milton Road schedule this week. Alternatively, the route from Run 3 in week 6 could be used. Focus on strength on the uphill sections and use the downhills for recovery. Try to run the middle 4 miles at your intended half marathon pace e.g. 10 minute miles if you’re aiming for 2hrs15mins, 11 minute miles if you’re aiming for 2hrs30mins.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 11:**

**Run 1: Recovery Run**

Pick your favourite route for an easy run – conversational pace – 45-55 minutes. Try not to include too many steep hills e.g. Stockton Brook Canal Bridge and back (appro5imately 4 miles), Leek New Road and back, Canal loops.

**Run 2 (B5 Route 2): Milton Road – 4-5 miles**

1. Turn left out of Birches Head Road onto Leek Road, then turn left onto Millrise Road.
2. Go over the canal and round to the right into Maunders Road before turning right into Newford Crescent, where you should turn left onto Leek New Road.
3. Continue on Leek New Road until you turn left into Berwick Road, turning right to go up Milton Road.
4. For 4.2 miles, return to Birches Head Road via Buxton, Kelvin, Derek and Donald.
5. For 4.5 miles, return to Birches Head Road via Hanley Road and Chell Street.
6. For 5 miles, loop back for other runners.

**Run 3: 6 Miles or 60 minutes (Easy Run)**

Why not incorporate Hanley parkrun into a longer run. Try running 3 miles before parkrun (e.g. loop of Leek Road / City Road / Victoria Road) then complete parkrun. This should be a very gentle effort – don’t run too hard at all.

Please remember, warm up before running fast (5-10 minutes), always try to run in fours and keep an eye on anyone in your group that falls behind you in case they get into trouble and please never leave anyone behind.

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**Week 12:**

**Run 1: Fartlek – Speed Session**

Select a flat-ish route for a 4 mile run. Warm up for 1 mile then include some short sprints e.g. between lamp posts during the middle two miles, then 1 mile to cool down. This type of training run is called “fartlek”. The faster bursts should only be 30 to 45 seconds, but much faster than your target half marathon pace.

**Run 2: Flat Route / Easy 3 miles**

Take it easy, plan your race strategy, chat with your running buddies. Stay as relaxed as possible before race day.

**Run 3: Race Day – it’s time for the Potters ‘Arf and you can do this!**

**Race day tips:**

1. Get your kit sorted the night before e.g. pin on your race number, get your gels ready.
2. Check out the weather forecast – make sure you are dressed appropriately (you’ll warm up very quickly and don’t want to carry extra layers).
3. Work out where your supporters are going to be – you don’t want to miss them on the route.
4. Meet in McDonalds in Hanley for pre-race photos and chat.

Have fun, good luck, smile as you cross the finish line.

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