



Inspired Running Academy 1 – Starting Out Week 1 Handout

Academy Website: <https://inspired-running.com/academy1-2026/>

To DO this week:

1. Get Familiar with our Academy Website
 - Review the Announcements – Homework assignments are there
 - Homework – **Watch Video on Running Safety**
 - Homework – **Review instruction on Gymboss if you are purchasing one.**
 - If there is ever an urgent message, it will be posted here. You should check the website an hour before any meeting we have to be sure nothing has changed.
 - Check Upcoming Activities Section
 - Link to **ALL** the equipment we reviewed in class today – and future classes.
2. **Run twice** on your own Monday & Wednesday **or** Tuesday & Thursday. Follow our first week's plan.
 - Our intervals for this week will be
Warmup -- **Run** :30 -- **Walk** 1:30 -- **x15** -- **Cool down**
3. **Next: Class session** Wednesday at Hopewell 6:30.

Dynamic Stretches for warmup

- Ankle
- Calf
- Shin
- Hamstring
- Quads
- Gluteus
- Hip Flexor