Why run in a group?

Coaches are often asked about the benefits of group training for running. Running is in many ways the easiest of the triathlon disciplines to do on a whim, fitting it into busy training and life schedules. I generally have running kit in my car, so after work on the way home I can easily stop, throw my kit on and head out. This is especially beneficial in the winter, an early work finish and setting off to run before it goes dark can mean the difference between getting a run in, or hiding on the sofa procrastinating. So why would I write this to advocate going home, getting cozy, before pulling on my trainers and heading out into the dark just so I can train in a group?

I think there are four key reasons;

Group training holds you accountable to go (this especially applies when you are the coach) but for most of us we feel that commitment of I have booked it, and I am expected. So, rain, dark, wind and frost we are more likely to face it when we feel we have committed.

Group training makes you do those sessions that can feel hard when you are on your own. Sprinting between lampposts feels a bit lonely and weird solo, and good intentions often fall away to a few sprints and then a standard run (the same probably applies to warmups if we are honest!)

Group training works for all paces, and everyone gets support and has fun. If you are a new runner, or like me never going to be a pacy one, running in a group can feel daunting – there are lots of 'social' runs in Kendal and I have had mixed enjoyment as one persons easy pace promoted on a social media post can be another's flat out race pace. Group drill training works for everyone and all paces and as coaches our commitment is we really mean it. Never run before? Come along! Not run since freezing cross-country at school? Join us! Back from injury? Just like a gentle jog or you rocked the Lakeland 50 in 9 hours – this is for all of you. The drills will be loops, outs and backs and you will cross over with other runners for encouragement and support, the sessions work to ensure you all get a great chance to train and you will improve.

Group training is a great way to meet other members of the club. Let's be honest we all love swim training but while you get to chat to the 4 or 5 others in your lane if you are like me you'll never recognise them when you bump in to them in Asda without their goggles and swim hat. Running means you can chat on the warmup and cool down and possibly in gasps between drills.

In addition, you have a great team of coaches who will give you tips, advice and support to improve your form, help injury prevention and have ideas for building your training. Between us we've a wealth of experience from standard triathlons to the extreme ROC events, we've run mountain ultra distance both in the UK and internationally, along with every distance on the road from 5km to marathons. We will have made many mistakes and are happy to share what we've learnt along our running journeys.

Run sessions are on alternate Tuesdays starting in October, meet in the leisure centre reception book through BookWhenv. Please dress for the weather and bring a head-torch

Social Runs are monthly and bookable on BookWhen – the start location varies so please check when booking and car share where possible. These are usually around 8k-10k and off-road. No one is left behind. We usually have a social coffee in a café after the run.

Please join the new Strava run group – we will be posting suggested sessions and sharing routes. Ask if you need the link.

Happy running – Laura, Vikki, Dan, Sarah and Bex