



Jog Leaders Training Course

*A good leader can't get too far ahead of his followers.
Franklin D. Roosevelt*

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"I would like to be a Jog Leader because..."



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"From today's course I want.....?"



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Jog Leader Training

On completion of the course: -

- Jog Leader Licence Card
 - Valid for 3 years
 - Issued between 4-8 weeks after the course
- Qualified and insured to lead walking and running activities
- Able to lead a group in safe and fun fitness sessions using walking and running activities
- Able to register your group with **jogscotland**
- Able to access the **jogscotland** and **scottishathletics** support and CPD programme


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Course outcomes


- jogscotland ethos and aims
- Identify your roles and responsibilities as a leader
- Plan the components and structure of a training session
- Organise and lead a beginners and mixed ability group
- Adapt activities to the stage of individuals
- Develop and practice your leadership and group organisation skills
- Give individuals a positive, enjoyable and relevant fitness experience
- Gain Enjoyment from your leadership experiences
- Establishing and developing a jogscotland group

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The mind is like a parachute.....



It works better when open.....

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What is jogscotland?

- National recreational running network
- Established in 2002 by **scottishathletics**
- Health initiative designed to encourage people to get active by walking, jogging and running.
- Sets up jogging groups throughout the country to give people opportunities to get started



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Why people want to walk, jog or run

- To have fun
- To get fit, lose weight
- To meet other people
- To develop their sporting skills
- To achieve success and/or goals



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Session 1 Role of the leader

In this session you will:

- Recognise what a leader does
- Explore motivation for becoming a leader
- Identify individual centred leadership



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Why do people want to be Jog Leaders

- To share the enjoyment of running with others
- To achieve personal ambition
- To meet people
- To earn money
- To encourage people into healthier lifestyles
- Other.....



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The role of the Jog Leader

- Organised and promote the group
- Provide a safe environment at the right level of the participants
- Encourage and maintain involvement in walking and running
- Signpost walkers and runners to further development opportunities
- Ensure good sportsmanship
- Be **individual centred** leaders



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What do we mean by "Individual Centred"?

- Place the needs of the individual before the interests of the leader or the group
- All individuals are welcome to participate, are valued and encouraged to explore their own potential.
- Recognise the importance of providing a fun and safe environment
- Encourage individuals to be involved in their own development and empowered to take greater responsibility for it



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Athlete Development



Session 2: Identifying the structure of a safe and fun session

In this session you will:

- Understand the role of the leader in preparing and delivering a session
- Describe the key components of a typical session
- Identify how age and stage of development affects planning a session.

What will a leader do?

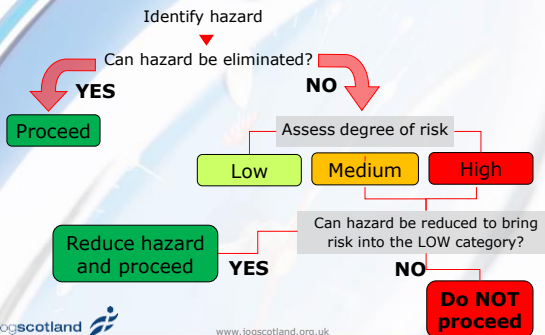


The session – before (PLAN)

- Route and session planning
- Risk assessment
- Know your group
- Contingency plan.



Risk assessment process



What safety measures can you take?

- Count the Group
- Check Kit.... Reflective, layers, shoes
- Carry.... Phone, sugar snack, water
- Have a plan to manage injuries and illness
- Have personal medical details and contact numbers
- First aid – only when qualified

The running session – during (Do)

- Warm-up (always)
- Main session
 - running fitness
 - activity
 - skill
 - competition
- Cool-down and basic stretches (always).



The running session – after (Review)

- Learn from runners and leaders experiences
 - Too hard/easy?
 - Fun?
 - Challenging?
- Advise activities to do during week
- Advise of next week's session
- Check group members safely out of your care
- Make notes for yourself
- Plan the next session.

Session 3: Safe delivery of a warm up and the organisation of a main unit

In this session you will:

- Devise and lead a warm-up
- Make safety checks before the session (How-2 Safety)
- Create and maintain a safe environment (How-2 Organisation)
- Organise and experience managing a group
- Identify technical points for endurance (What-2 Endurance)
- Identify cool down principles.

Session 4: Delivery of mobility, cool down and stretching

In this session you will:

- Review technical template for Endurance
- Review warm up and cool down content
- Identify the placement of flexibility exercises
- Review best practice for stretching
- Effectively instruct and explain activities (How-2 Instruction/Explanation)
- Demonstrate effectively...using stretching activities (How-2 Demonstrate).



Endurance

- Tall posture with high hips
- Relaxed shoulders with efficient backwards driving arm action
- Rhythm guides optimal speed and efficiency
- Foot lands naturally underneath the centre of mass, moving down and backwards.



The warm-up

Purpose

- To physically prepare for activity by increasing heart rate and circulation to whole body
- To mentally prepare for activity with variety and challenge
- Warm up should focus on **MOBILITY including agility, balance and co-ordination - A B C's**
- Dynamic and progressive to the level required for the main activity.



The cool-down and stretching

- Gentle aerobic activity to reduce heart rate
- Reduce temperature
- Prepare the mind for relaxation
- Static stretching to restore pre exercise muscle length
- Holding the stretch for up to 30 seconds.



Why do flexibility activity?

- To increase the range of movement (ROM) that an athlete can operate within – where needed
- For up to 30secs after a low intensity session or as a separate session
- To prevent injury
- To improve performance (short term)
- To improve performance (long term)



What is flexibility activity?

Dynamic mobility exercises

- Preparing for exercise



Stretching

- Restoring muscle length at the end of a session
- Developing range as necessary in a separate session.



Session 5: Factors that effect performance and energy systems

In this session you will:

- Describe the factors that influence fitness
- Identify the components of fitness
- Identify how training works
- Identify differences in energy systems.



Fitness factors



Factors that affect performance

- Physical
- Psychological
- Skill.



Physical components of fitness

- Endurance
- Speed
- Strength
- Coordination
- Flexibility.



Why does training work?

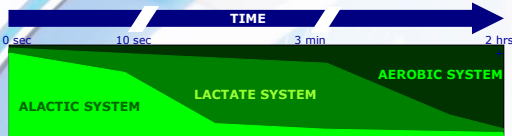
- Overload
- Adaptation
- Recovery
- Specificity

F.I.T. factors:

- Frequency
- Intensity
- Time or duration



The Three Energy Systems



P.J. L. Thompson, 2005

ALACTIC System (ATP-CP)

- Short, max 10 seconds, high intensity, stored start-up system
- Capable of operating with no oxygen, no lactate or acid produced

LACTATE System

- Linking energy system
- Capable of operating with no oxygen, uses fuel stores and produces lactate and acid

AEROBIC System

- Sustained energy system
- Uses oxygen and fuel stores

How hard are you working?

The Talk Test: listen to your runners

- Chat in whole sentences... (Blether Zone) aerobic energy system
- Talk in phrases ... (The Puff Zone) aerobic/lactate
- One word ... (The pant and Gasp Zone) lactate/aerobic.



Athlete Development

- Physically more prepared for activity
- Competition/outcome more significant
- Refining skills and introducing tactics



- Returning or developing runner
- Learning to train
- Building on ABC's
- Competition limited



- Inexperienced runner
- Lacks basic movement skills
- Not exclusively for young children



- Performance goals
- Physical
- Skills
- Psychological



- Drills
- Technical skills
- Running longer, stronger and faster



- Warm ups
- Flexibility
- Coordination
- Basic skill introduction
- Fun

Session 6 Practical session delivery

In this session you will:

- Plan and Deliver the main units of a session
- Enable mixed ability groups by:
 - organising group
 - leading one unit
 - adapting for mixed ability.

Session 7: Goal setting

In this session you will:

- Identify the importance of a SMART goal
- Use a variety of sessions to prepare for the first 6 weeks leading your group.



SMART goals

- **S** Specific
- **M** Measurable
- **A** Agreed
- **R** Realistic
- **T** Time phased.



Planning the first 6 weeks with your group

Things you need to know:

- Who are you likely to be leading?
- Will you have the group for a period of time?
- Do they have individual or a group goal?
- What are your own limitations as a leader?

Week	Activity	Card Number
	High visibility jackets required at all sessions Warm up and drills for each sessions and cool down	
1	Session : 5 mins walk & mobility warm up, 10 x (30 sec walk, 30 secs jog), 5 mins walk +stretch cool down & feedback	Beginners Level 1, Week 1
2	Session: 5 mins walk & mobility warm up, 8 x (1 min walk, 1 min jog), 5 mins walk + stretch cool down & feedback	Beginners Level 1, Week 2
3	Session: 5 mins walk & mobility warm up, 5 x 2 mins jog (with 2 mins walk in-between) 5 mins walk + stretch cool down & feedback	Beginners Level 1, Week 3
4	Session: 5 mins walk & mobility warm up, 4x 3mins jog (with 2 mins walk in-between) 5 mins walk + stretch cool down & feedback	Beginners Level 1, Week 4
5	Session: 5 mins walk & mobility warm up, 3 x 4 mins jog (with 3 min walk in-between), 5 mins walk + stretch cool down & feedback	Beginners Level 1, Week 5
6	Session: 5 mins walk & mobility warm up, 3x 5 mins jog (with 3 min walk in-between) 5 mins walk + stretch cool down & feedback	Beginners Level 1, Week 6

One week content (Main)

Week	Activity	Reference
	High visibility jackets required at all sessions Warm up and drills for each sessions and cool down	
4	Set the groups up according to their ability. Set a route that enables the group to complete 3-4 minutes of jogging in each loop. (roughly 800m) If the faster runners catch the back markers they should pass on the outside when safe. Starts and stops will be done on a whistle. Jog Leader will be able to observe the session from a central location.	Page 38 of Stride Logbook

Selection of sessions

Continuous

- **Out and back**
Run out for time and back quicker
- **Indian file**
Line run with effort from back of line to front
- **Fartlek**
Varied pace running directed by leader
- **Loop back**
Faster runners loop to back as directed
- **Meet and retreat**
Opposite directions to meet and return

Non continuous

- **Bean bag challenge**
Steal opponents bean bag in relays
- **Fixed point repetitions**
Trees, lampposts, out and back in relay
- **Hills**
Up for effort down to recover
- **Relays**
Teams run a circuit varied distances
- **Parlauf (pairs running)**
Half circuit, recover across middle.

Session 8: Role of the leader in injury prevention and management

In this session you will:

- Identify common running injuries
- Recognise the role a leader plays in injury prevention.



Common injuries

- Strains
- Sprains
- Sore muscles, especially lower leg
- Very tight feeling muscles
- Pain along the front of the shin
- Pain in the achilles tendon area.



Common causes of injury:

- Poor footwear
- Poor running style
- Too much too soon ...F.I.T.
- Not strong enough for the demands of the activity
- Not enough rest between efforts; sessions or even a weeks training
- Returning to running too soon after injury.



How the leader can help?

- Check shoes or refer to a specialist
- Improve running style with games and tips
- Work on one thing at a time
- Ask them to keep a diary of how much training they are doing
- Vary sessions to address all fitness elements
- Keep sessions short and develop progressively
- Use some balance and co-ordination games to improve posture (warm up)
- Maintain or improve flexibility (cool down/stretching, advise other activities e.g. yoga or Pilates)
- Get feedback
- Keep your own notes.

Session 9: Personal development and runner participation

In this session you will:

- Identify running motivation and barriers
- Explore how a leader or group might overcome these issues
- Identify impact of leadership on group
- Action plan for continued development as a leader.

Health reasons for running

- Reduces risk of coronary heart disease (CHD), cancer, stroke, type 2 diabetes, high blood pressure and osteoporosis (*British Heart Foundation*)
- Can increase emotional well-being and confidence (NHS)
- Decreases levels of stress, depression and anxiety (MIND)
- Helps with weight loss and weight management (NHS)
- Increases muscular efficiency
- Helps you to enjoy better sleep
- Gives you more energy.

Specific barriers

Gender

- Self esteem
- Family issues
- Low expectations of self or by others
- Time
- Body image
- Competition
- Peer pressure
- Intimidated by others
- Afraid of getting injured

Culture

- Gender of leader or group
- Group dress
- Perception of the sport
- Day and time of group
- Religion

Hard to access areas

- Health concerns
- Money
- Family
- Venue
- Safety

Disability

- Physical
- Learning
- Hearing loss and deaf
- Impaired sight and blind
- Accessibility of venue
- Equipment

Overcoming barriers

Different types of leader to reflect target groups



Safe welcoming venue



Mixed gender or unisex groups

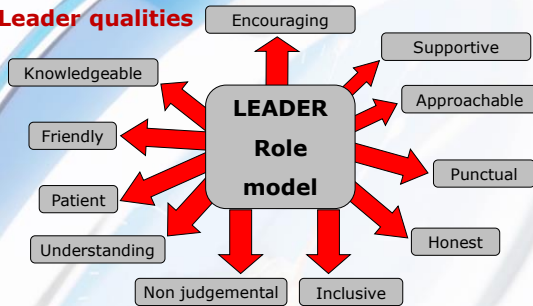


Marketing materials to reflect all



Inclusion

Leader qualities



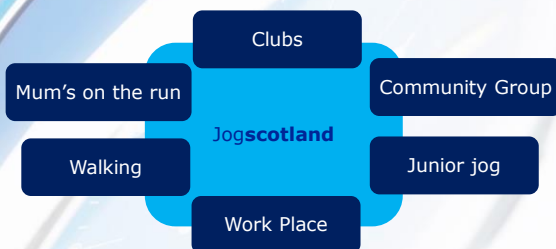
Where now?

In small groups discuss:

- How to get started
- One thing you will do in the next week.



What sort of group?



Who might you lead with?

- Local Authority
- Leisure Trust
- Private Health Club
- Athletics Club
- Health Initiative
- Workplace
- No local group



Starting your own group

- Find a suitable central local venue to meet
- Choose a suitable time and level
- Advertise your group
- Decide if you will be a volunteer or be paid
- Decide if you will charge your members
- Insurance



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How to promote your group

- Word of mouth
- Emails, Facebook and Twitter
- Roadshow/health event/cheese & wine!
- jogscotland posters and leaflets (Downloadable)
- Link with other local group
- Press release (see Appendix 13 in booklet)



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The membership and PAR-Q form

- Online membership form to be completed
- PAR-Q to be retained by Leader. PAR-Q is downloadable from the jogscotland website
- Information on jogscotland - <http://www.jogscotland.org.uk/membership-help-for-jog-leaders>



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jogscotland procedures and materials

- Register official jogscotland group at office
- Posters, leaflets, (Downloadable)
- Membership online registration process
- Website and Facebook page
- Jog Leader update sessions



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Ethos and aims

- jogscotland aims to:
- provide a welcoming, social environment for people of all fitness levels to take part in simple and achievable activity
 - establish beginner friendly jog groups across Scotland in workplace and community settings
 - train enthusiastic, supportive and friendly Jog Leaders to lead these groups
 - continue to develop junior jogging programmes to encourage children and their families to live more active lives



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Well done ...

"The only test of leadership is that somebody follows"

Robert K. Greenleaf

... and good luck!



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