




LiRF Run Leader 30 Day Learning Challenge

#Leader2Inspire
#irunwales

The challenge is on (again)... who can spend the next 30 days being Brilliant, Aware and Thriving? You can complete the challenge in any order and let us know how you get on! Connect with us on social media, or via irun@runwales.org.uk - we are here to help all our run leaders thrive and learn 

Follow RunWales on [facebook](#), [Instagram](#) and [twitter](#) to share your learning and inspiration

Make sure you have joined our LiRF network [here](#)

Sign-up to one of our three webinars looking at dealing with Covid-19 https://bit.ly/35krjMV	Complete an online CPD workshop through UKCoaching . Free/low cost, share what you did and what you learned!	Write down your favourite running sessions and plan them for when we can get our group runs back up running	Find a great video showing running techniques. Share it with us to spread the word!	Read all about returning to exercise after contracting Covid-19 https://bit.ly/35AARU8	Watch this 3 ½ min TED Talk about the benefits of sports to your body and mind. https://bit.ly/2yWmL3d	Create 5 NEW Games/Activities ideas that you can use as a group warm-up. Share with your run group and us!
Take a look at all the great resources available on the Welsh Athletics site https://bit.ly/2zi9dbK	Check out our new 1 st mile training plans for people new to running https://bit.ly/3d60q1L https://bit.ly/2WfhjJL	Post in our LiRF community a Success you have had since lockdown and in return help someone else have the same success #reciprocity	Sign up to the online seminar aiming to breakdown the jargon around Endurance running and to help develop a training "toolkit" for leaders https://bit.ly/2SnzAtW	Watch this great short video on trigger point release and give it a go https://bit.ly/2WeiZFn	Lead a member of your household through 5 warm up activities that they might not already know.	Arrange a virtual catch up (coffee/tea and cake) with fellow LiRF's or Run group
Share your favourite run leading moment with us and your group. Why did it mean so much to you? #Leader2Inspire	Complete this FREE course about active healthy lifestyles https://bit.ly/2KTFsgl	Check out these fantastic Coach Wellbeing Resources https://bit.ly/3dcU7tf	Complete this online learning course on understanding autism https://bit.ly/2WeN8Jz	Organise a virtual race for your group / club https://bit.ly/3d60q1L	Compose a race time line (what do do leading up to an event and after) and share with your group, and us, Encourage them to do the same., it helps with pre-race nerves!	Find a video that motivates or inspires you. Share the video with a colleague/us and your reasons why
Access the fantastic Athletics 365 XL Resources https://bit.ly/3faUnL1	Read the latest news from Run Wales and have a look at our resilient runners series https://irun.wales/news/	Write a 4-week set of progressive run sessions for when we can get our group runs back up running, focusing on a specific theme.	Take a look at all the free online courses from Future Learn or Open Learn and share your learning with a colleague, friend or network	Go for a run. Don't take a phone or watch, just enjoy the feel of running and the fresh air!	Research 10 more running words in Welsh to use in future sessions! Pob Lwc :-)	Tell us how we can help you! Contact us and give us some ideas for anything you want to learn or see for leaders.