




LiRF Run Leader 30 Day Learning Challenge

#Leader2Inspire
#irunwales

The challenge is on... 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](#)

Film yourself demonstrating a warmup move of your choice with coaching points and share with a fellow run leader. Post your video and tag us!

Find an item in your home that you would use in a warmup, the more creative the better, share your idea/game/activity with a colleague and us!

get in touch with your local Run Wales [activator](#) for some tips, information and to say Hi!

Find a great video showing stretching techniques. Share it with us to spread the word!

Complete some free mental health awareness training with the amazing charity '[mind](#)'

Watch this 15 min TED Talk about [what makes a good teacher GREAT?](#) Write down how it made you feel and what you learnt

Create 5 NEW Games/Activities ideas that others can use in sessions – what, how, why. Share with your run group and us!

Create Top 10 reasons why it is great being a run leader and share with Run Wales to inspire future leaders

Log onto your UKA portal to check that your coaching certificate is up to date (DBS, Safeguarding etc)

Post in our LiRF community a [Challenge](#) you face and in return help someone else out with a solution [#reciprocity](#)

Share how running aps such as Garmin or Strava have made a difference to your running group

Read and practice 'Ten tips for sports coaches to stay healthy and happy' [here](#)

Teach a member of your household 5 new facts about running that they didn't already know.

Check in on a run leader/friend/ group member to brighten their day and share a new idea or positive mantra

Share your favourite running book or film so that we can share it with our running community

Complete this FREE 2 hour [mini first aid course](#)

Complete an online CPD workshop through [UKCoaching](#). Free/low cost, share what you did and what you learned!

Complete an [online learning styles questionnaire](#) to help you to understand how you learn best!

check with your group leader if they've applied for community chest funding. if not, maybe now's the time to put an application in...

Create a 10 second video of yourself saying why you love being a run leader, don't forget to tag [#Leader2Inspire](#) [#irunwales](#)

Find a video from another sport to learn from & transfer ideas into running. Share the video with a colleague/us and your reasons why it was useful

Subscribe for free to [Simon Sinek](#), watch a video, learn & share your thoughts via our FB page

Start a '3 things' diary – in the morning: 3 goals to achieve that day and before bed, 3 great things that happened, however small!

Write a 4 week set of run sessions for when we can get our group runs back up running & share it!

Complete a free online course from [Future Learn](#) or [Open Learn](#) and share your learning with a colleague, friend or network

Find a great article on running that would be useful for other new leaders, share it with your network, feed it forward

Research 10 running words in a 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.