

**ADULT BEGINNERS RUNNING COURSE**  
**Starting Saturday 17<sup>th</sup> February 2018 at 10am**  
**Southgate Hockey Centre, Snakes Lane, Oakwood, EN4 0PS**

**1. Nature of the Course**

- A Ten week programme for absolute beginners.
- A progressive programme of walking and running
- Structured sessions are led by experienced Coaches and Leaders on a Saturday mornings in Trent Park and Tuesday evenings at the QE2 Athletic Track, Donkey Lane, Enfield.

**2. Objective of the Course**

- To enable participants to run for at least 30 minutes (3m or 5K) without stopping.
- To promote running as an integral 'part of life'.
- To see running as a fun and sociable way of getting and keeping fit and healthy.

**3. We Offer**

- An unthreatening introduction to running.
- A gradual and progressive programme to help people start running in a safe way.
- A group of experienced and enthusiastic Coaches and Leaders.
- Advice regarding a variety of running related topics sent each week by e mail
- An opportunity to exercise with others who have similar objectives.
- Excellent changing and club house facilities.
- Beautiful running surroundings in Trent Park.
- Easy introduction into a running club if you wish to join.
- An opportunity to start running in a fun environment.
- Reasonable cost.

**4. You Must**

- Really want to start running.
- Commit yourself to the programme for 10 weeks
- Be prepared to run 3 times each week.
- Be prepared to work as part of a group and support and encourage others.
- Follow the guidance and instructions of the Leaders.
- Take the programme seriously but at the same time enjoy yourself.

**Cost £50 (£30 to be offset against club membership fees if you join after the course)**

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