

# 10 Week Beginners' Running Course

This 10 week course is suitable for complete beginners and is aimed at people new to running and wanting to build up to run 5k (3 miles). Each session will be a mixture of running, walking and exercises with a steady progression during the 10 weeks. Participants are advised to add an extra running session each week in their own time when possible in order to maximise progression. This is suitable for people who want to improve general fitness, lose weight or start a gradual build up to competitive running. At the end of the 10 week block participants are encouraged to try a "Park Run", a regular 5k run on Saturday morning in Exeter or Killerton and completely suitable to the novice or beginner runner. It is hoped that this course will be the start of regular running for participants, there is the possibility of progression to regular running clubs once runners can complete 4 miles in 40 minutes - both the Exmouth Harriers and the Exmouth Running Belles welcome new members of this standard. If sufficient runners are interested there will be the possibility of a further course at the next level in the summer.

Where? Meet at Imperial Recreation Ground at the Rugby Ground opposite the swimming pool.

When? Thursdays at 6 pm starting from 28th April and continuing until 30th June. Option to take part in Dawlish 4 mile event on Thursday 9th June and Killerton or Exeter Park Run on Saturday 2nd July.

Leader: The leader is local Exmouth Harrier athlete Cathy Newman, a Coach in Running and Fitness.

Cost: £20 for 10 weeks, cheques to be made payable to Exmouth Harriers.

Requirements: suitable running shoes and clothing should be worn for all sessions and a short enrolment form should be completed prior to starting - these will be available at the start of the first session or can be downloaded from England Athletics. If potential participants have any health issues they should check with their GP prior to enrolling.

This initiative is supported by England Athletics through Devon Active Communities.

To book a place contact Cathy Newman [catn2002@yahoo.co.uk](mailto:catn2002@yahoo.co.uk)