



Burnham Joggers

www.burnhamjoggers.org.uk

BEGINNERS COURSE

From nothing to 5 km in 8 weeks commencing Thursday
13th September 2012, 7.30 pm

(Sign up and briefing meeting Thursday 6th September)

To be held at Burnham Cricket Club,
Taplow Common Road, Burnham

There will be a maximum of 24 places on this course. Participants should have a reasonable level of general fitness and must be committed to carry out jog sessions on 2 further days each week in addition to the coaching evenings. At the end of the course there will be an opportunity to take part in a 5 km run. The aim is to enable attendees to be able to run 5 km without stopping by the end of the course through a structured walk and jog plan. A certificate will be awarded on completion of the course.

Course fee £16. (Please consult you GP for advice before applying)

E-mail to reserve a place: chairman@burnhamjoggers.org.uk
(please note that each previous course has been over subscribed)