



Burnham Joggers

www.burnhamjoggers.org.uk

BEGINNERS COURSE

From nothing to 5 km in 8 weeks commencing
Thursday 2nd October 2014, 7.30 pm

(Sign up and briefing meeting Tuesday 23rd September at 7.30pm)

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 your GP for advice before applying)

E-mail now to reserve a place: beginners@burnhamjoggers.org.uk