



# Burnham Joggers

[www.burnhamjoggers.org.uk](http://www.burnhamjoggers.org.uk)

## *BEGINNERS COURSE*

### **From nothing to 5 km in 8 weeks!**

*Briefing and sign up meeting Tuesday 29 March 2016 at  
7.30pm to be held at Burnham Cricket Club,  
Taplow Common Road, Burnham SL1 8LP*

The course will officially start on Tuesday 5 April 2016 7.30pm  
prompt.

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 £20.** (Please consult your GP for advice before applying)

*E-mail now to reserve a place:*  
**[beginners@burnhamjoggers.org.uk](mailto:beginners@burnhamjoggers.org.uk)**