



Burnham Joggers

www.burnhamjoggers.org.uk

BEGINNERS COURSE

From nothing to 5 km in 8 weeks!

*Briefing and sign up meeting Thursday 19 September 2019 at
7.30pm to be held at Huntswood Golf Club,
(the new home of Burnham Joggers)
Taplow Common Road, Burnham SL1 8LS*

The course will officially start on Thursday 26 September 2019
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 and medal 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