



Beginners & Improvers Course

From zero to 5km in 8 weeks!

Briefing and signup meeting on Thursday 7th May at 7.30pm
Location: Burnham Bowls Club, Stomp Road, Burnham SL1 7NA

**The course will officially start on Thursday 14th May 2026
at 7pm prompt, finishing on Thursday 9th July**

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 two 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 only £25

Email beginners@burnhamjoggers.co.uk to reserve a place

You should have no pre-existing medical conditions that could prevent participation - if in doubt please do consult your GP.

www.burnhamjogger.co.uk/beginners/

