



10 Week Beginners Course

- **New to running but not sure how to improve?**
- **Planning a fundraising run, such as the Race for Life, and want to give it your best shot?**
- **Couch to 5k ambitions?**
- **Returning to running after a break or just looking improve your fitness?**

Then come along to Stowmarket Striders beginners' course, which starts on Tuesday 4th April at 6.30pm.

The hour-long get-togethers, held every Tuesday from Mid-Suffolk Leisure Centre in Stowmarket, are designed to bring those new or returning to running from a breathless fast walk to a comfortable jogging pace and beyond.

All sessions are led by qualified UK Athletics-trained coaches, who are full of top tips to help you achieve your running goals, build your confidence,

improve your health and fitness and take you safely through training with plenty of challenges and a full warm-up and cool-down.

So come along, meet our welcoming coaching team and make some new friends.

10 week course – £20 pay in advance online. At the end of the course and you want to join the Club, you benefit from a reduced membership fee of only £10.

STARTS
Tuesday 4th April
at 6.30pm
from
Mid-Suffolk
Leisure Centre

For more details you can contact our beginners' coach Jo Stephenson
Tel: 07894 703585 or email: beginners@stowmarketstriders.org.uk

www.stowmarketstriders.org.uk

