

# absolute beginners



If you have ever wanted to start running but lacked the confidence or motivation then this is the course for you.

**Farnham Runners** are a very social group of people encompassing a wide range of running abilities and ages (from 16 to 79!). We thrive on the fitness and the fun that running gives and would like to help introduce others to experience the running bug.

Following the success of the course last year we will be holding a 12 week beginners running course, starting on Monday 26th March and culminating with a 5k run. We have 6 qualified leaders who will guide, advise, help and encourage you through your course. You will meet up on Monday evenings, 6:45pm, at our clubhouse on the Bourne Green, Cricket Lane, Lower Bourne, Farnham GU10 3PR and on Wednesday evenings, 7:00pm at the same location. The evenings are designed to be friendly, inclusive and encouraging so no matter what your ability you will be very welcome.

Starting with walk/jog sessions to assess your current level of fitness, you would tailor your schedule, with the help of your leaders, building to jogging for longer periods each time. We have a vast amount of experience and contacts in the club and will work with you through any niggles, doubts or problems you may encounter.



The course is for a maximum of 20 people so please apply early to guarantee a place. Cost is £25 for the course which includes 1 year membership to Farnham Runners (currently £25). We'll hold a Q & A session for participants at the Princess Royal, Runfold from 8pm on Tuesday 20th March - Bring your cheque book!

**Contact** Steve Kitney or Emma Drinkwater if you would like to chat further  
Steve 07929 202967 Emma 07500 198764 or email [farnhamrunners@hotmail.com](mailto:farnhamrunners@hotmail.com)

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## YOUR 12 WEEK SCHEDULE

This is your personal weekly schedule which you will complete with our help after the induction evening

Week 1 Mon March 26th	Wed or Thu	Sat or Sun
Week 2 Mon April 2nd		
Week 3 Tues April 10th		
Week 4 Mon April 16th		
Week 5 Mon April 23rd		
Week 6 Mon April 30th		
Week 7 Tues May 8th		
Week 8 Mon May 14th		
Week 9 Mon May 21st		
Week 10 Mon May 28th		
Week 11 Mon Jun 4th		
Week 12 Mon Jun 11th No Session this week <b>DIAMOND JUBILEE</b>		

**Week 13 Sat June 16th 5k run - Congratulations you are now a runner!**

Coaches:



**Jane Georghiou**

Leaders:



**Phil Masters**



**Susie Chan**



**Ian Carley**



**Steve Gillingham**



**Lindsay Bamford**



**Jason East**



**Emma Drinkwater**