



Alive

Women's running course for beginners

Register now for a six-week course starting 2 October 2019

Women's running courses for beginners

Fun • Fitness • Friendship

Why an all-women course?

Some women may not feel confident running with men, who are often more competitive. Being with like-minded women in such an environment will encourage, motivate and build confidence.

But I have never run before!

We welcome women just like you. You will be shown how to run safely with warm-up and cool-down stretches. You will be surprised and delighted by your weekly improvements. The course progresses slowly; no-one is ever left on their own.

Beginners' courses

The courses are inspired by a previous initiative from Reebok called the Reebok Running Sisters! It led to many running/jogging groups being set up all over the country. The courses are open to all women over 16. The ethos is "fun, fitness and friendship".

Alive, in collaboration with Lynnsport Ladybirds, now offers a six-week course for women, meeting at the following venue:

- **Alive Lynnsport, King's Lynn** 6.30pm-7.30pm, Wednesdays starting **2 October**

What do I need?

- A good pair of running shoes.
- A good support bra.
- Comfortable, lightweight clothing, preferably in layers you can add or take off depending upon the weather.

What happens next?

You will find the beginners' course a welcoming and friendly experience. You will only run according to your own capabilities and will feel healthier and fitter. We will discuss with you at the end of the course how you may carry on running and you will be able to do this easily if you wish to with a women-only running group.

Booking

- Places are limited and therefore early booking is advised. To book a course please complete the registration form at the back of this leaflet and return by **16 September**, with payment of £12. We will then send you further instructions and confirm your place on the course.

Further Information

Available from Alive Sports
Development on 01553 818012.



Participants at a beginners course held recently by Lynnsport Ladybirds



Lynnsport Ladybirds after completing Bespak Grand East Anglia Run 2016



Free and friendly 5k runs
9am Every Saturday morning, The Walks, King's Lynn
www.parkrun.org.uk/kingslynn

