

Couch to 5k – (9 week course) **Information for participants**

- 1) Couch to 5k is a gentle progressive course – our aim is to make it a pleasant experience for all our participants
- 2) We will divide the group into smaller groups based on your personal fitness
- 3) Follow Highway code. Run on pavement, check road before crossing (don't just follow person in front) Use pedestrian crossing whenever possible. If no pavement – keep in single file facing oncoming traffic. Watch out for bikes and pedestrians. Hazards: take care around pavement hazards giving other runners room. If you identify a risk (eg pot holes, parked cars etc) let others know!
- 4) On dark evenings wear hiviis or light & bright coloured top, no head phones, wear a head torch if you have one.
- 5) Do not come if you are injured. Text Sally if not coming.
- 6) Keep on track – go out as your leaders advise between Tuesdays. In order to keep up with your group try to run/walk a total of 2 or 3 times each week. Best to have rest day between runs. E.g. do sessions on Tuesday, Thursday, Saturday or Sunday.
- 7) We will use the C25K programme but depending on the fitness level of the group we will either do more or less as appropriate. If you feel the group is too easy or too hard please let us know!
- 8) We can store car keys (only) at the bar – Ledbury Harriers nor the Rugby Club can be held responsible for any lost keys.
- 9) Toilets are available at the Rugby Club
- 10) Sign in on arrival (include an emergency contact number) and sign out on your return. There is space for any notes you wish to remind us of – eg if you are going on holiday
- 11) Subscribe to Ledbury Harriers News here [Ledbury Harriers](#) We will be posting messages on here for Couch to 5k group. Don't miss out!
- 12) Join Ledbury Harriers fb (www.facebook.com/groups/ledburyharriers/).
- 13) Most important item is a good pair of running shoes. For your first pair of shoes we advise you to visit a specialist running shop who will check out the best shoe for you. Such as:
(a) Up & Running in Cheltenham (b) The Active Foot company in Worcester
(oh and a sports bra for the ladies - try [Sports Bras](#))
- 14) Eating? A light sandwich/biscuit/banana a couple of hours before the run usually suits most people. Try to see what suits you. Fluids – make sure you have a drink before and after running. Keep hydrated.
- 15) On completing the C25k course we hope you will consider joining Ledbury Harriers' Gentle Joggers group.

Enjoy yourself – this is your fitness journey!
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