

## LEADERSHIP IN RUNNING FITNESS

### Who should go on this course?

If you have an interest in running for fitness and you'd like to lead a group, then this is the course for you.

### How many days will it take?

One day, with no assessment.

### What will I learn?

The course will focus on the safe organisation of running activity and how to lead a group of inexperienced runners.

### Topics covered include:

- The barriers that stop people from taking up running.
- What you could do as a leader to make a difference for them.
- How to deliver a safe and fun warm up and a cool down.
- The different types of running activity that can make running varied and enjoyable.
- How to plan and deliver sessions that are safe and fun

### What will I be able to do?

The course is designed to prepare you as a Leader to provide a safe and enjoyable running experience for people over 18 years of age of any level of ability, age, size and shape.

As a Leader you may set up your own group and register with the Run in England network and your qualification as a Leader in Running Fitness will provide you with insurance to lead a group within the limits of the course content.

### How much will it cost?

£45 per person\*

\*This fee is 50% of the usual course fee of £90.00 per person.