



An inclusive Beginners' Running Course for 2020! Hosted by Ely Runners.

For people of *all* backgrounds and abilities

A fun 10-week course for just £25

High quality group and individual coaching

Covering many aspects of running for the beginner, including breathing techniques, good form, injury prevention, stretching and more.

Support no matter what your ability.

No-one gets left behind!

Run by a team of experienced and UKA accredited Coaches and Leaders in Running Fitness

Starting on Monday 3rd February 2020: ten sessions, each lasting an hour, beginning at 1900hrs and meeting at The Paradise Centre - Ely. We will only accept people who pre-book please, via Justin at beginners@elyrunners.co.uk



