

FREE 6 WEEK BEGINNERS RUNNING COURSE.

DORKING & MOLE VALLEY ATHLETIC CLUB - FREE ADULTS' 6 WEEK BEGINNERS RUNNING PROGRAMME STARTING 7PM ON THURSDAY 1 JULY 2021 AT PIXHAM LANE SPORTS GROUND.

Ever wanted to start running or return to running again after being away from it for too long, the why not try our **6 Week Beginners Running Course, starting 7pm Thursday 1 JULY 2021.**

The training course is FREE and will be provided by Dorking & Mole Valley AC. It will be led by Howard Jones, one of our fully accredited Level 2 UK Athletics Performance Coaches.

 - LOCATION: [PIXHAM LANE SPORTS FIELD, DORKING.   (PIXHAM LANE RUNS OFF THE A24 ROUNDABOUT WITH THE CYCLISTS STATUE IN MIDDLE.)](http://www.dorkingandmolevalleyac.org/where-are-we)

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 - TIME  7PM.

We will start off from the very basics of warming up, and stretching.  We will progress from walking to running, with the goal of 30 minutes running.

The sessions will last about 45 minutes of activity.

Each week has a general theme,

Week 1 – Dynamic stretching.

Week 2 – General running technique.

Week 3 – Technique for running up and down hill.

Week 4- Speed.

Week 5 – Strength.

Week 6 – Running games

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You are also supported in your own running being provided with a 6 week run/ walk training plan as a guide to assist.

If you wish to book onto this free course please contact Howard Jones to register.

[Howard.jones1@mypostoffice.co.uk](mailto:Howard.jones1@mypostoffice.co.uk)

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**Club Website:**

[http://www.dorkingandmolevalleyac.org](http://www.dorkingandmolevalleyac.org/)