

Absolute Beginners Running Course

starting Monday 3rd of April 2017



Do you want to start running?

Do you want to get fit?

Would you like to lose weight?

Would you like to be able to run 5 km?

Would you like to socialise with friendly like-minded English-speaking people?

Join the Basel Dragons Running Club, Basel's English-speaking running club, for an **11 week running course for absolute beginners!**

Run with us on Monday and Thursday nights for the duration of the course and you will be able to **run a 5 km fun race** after 11 weeks, and you will be ready to join one of our regular running groups afterwards. We recommend that you do a third session per week on your own, but you can still complete the programme if you do not have the time to do this.

Cost per person: CHF 70.--, payable on the second night (Day 1 is trial day)

We meet at 6:30 pm at our club house Hayabusa (Karate, Physio & Beauty), Landskronstrasse 26, close to Voltaplatz. Changing rooms, storage and showers are available (please come earlier if you need to change there).

The beginners group will be led by friendly, motivated members of the Basel Dragons Running Club who will encourage you on your way.

To **sign up for the course**, please email us at: **beginners@baselrunning.ch**
We look forward to hearing from you!

Please turn page over to see the course programme



Visit us at <http://www.baselrunning.ch>



Join "**Basel Dragons**" on **Meetup.com** and keep up with our events



Search for "**Basel Dragons**" on **Facebook**

We are all volunteers. Please note that neither the club nor the leaders can take responsibility for health issues and injuries. If in doubt, please consult your doctor before joining this course.



Course Date and Programme



Before and after every run, a guided warm up and stretching will be done.

Mon 3.4.	Welcoming: we get to know each other, and we do an easy warm up run combined with running theory
Thu 6.4. / Mon 10.4.	8 times 60 sec jogging / 90 sec walking
Thu 13.4. / Mon 17.4.	(Easter) 6 times 90 sec jogging / 2 min walking
Thu 20.4. / Mon 24.4.	90 sec jogging, 90 walking, 3 min jogging, 3 min walking, 90 sec jogging, 90 walking, 3 min jogging, 3 min walking
Thu 27.4. / Mon 1.5.	(Labor Day) 3 min jogging, 90 sec walking, 5 min jogging, 2.5 min walking, 3 min jogging, 90 sec walking, 5 min jogging
Thu 4.5. / Mon 8.5.	5 min jogging, 3 min walking, 5 min jogging, 3 min walking, 5 min jogging
Thu 11.5. / Mon 15.5.	5 min jogging, 3 min walking, 6 min jogging, 3 min walking, 5 min jogging
Thu 18.5. / Mon 22.5.	5 min jogging, 3 min walking, 8 min jogging, 3 min walking, 5 min jogging
Thu 25.5. / Mon 29.5.	(Ascension Day) 25 min jogging
Thu 1.6. / Mon 5.6.	(Whit Monday) 28 min jogging
Thu 8.6. / Mon 12.6.	30 min jogging
Thu 15.6.	Your Big Day: 5 km Fun Race !

Join us after the fun race for a team Dinner to celebrate your success and get your **Basel Dragons Beginners Course Finisher Certificate** plus a **Basel Dragons Running Shirt!**

To apply, please email us at: beginners@baselrunning.ch



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