

# Absolute Beginners Running Course

starting 23<sup>rd</sup> of April 2018



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 **10 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 10 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 first night, via bank transfer or PayPal)

**We meet at 6:30 pm** at our club house Hayabusa (Karate & Physio), close to Volta-platz. Changing rooms, storage and showers are available. The beginners group will be led by friendly and 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**, or **sign up on meetup**: **<https://www.meetup.com/Basel-Dragons-running-club>**

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



<b>Mon 23.4. / Thu 26.4.</b>	Welcoming, 8 times 60 sec jogging / 90 sec walking
<b>Mon 30.4. / Thu 3.5.</b>	6 times 90 sec jogging / 2 min walking
<b>Mon 7.5. / *Thu 10.5.</b>	90 sec jogging, 90 walking, 3 min jogging, 3 min walking, 90 sec jogging, 90 walking, 3 min jogging, 3 min walking
<b>Mon 14.5. / Thu 17.5.</b>	3 min jogging, 90 sec walking, 5 min jogging, 2.5 min walking, 3 min jogging, 90 sec walking, 5 min jogging
<b>*Mon 21.5. / Thu 24.5.</b>	5 min jogging, 3 min walking, 5 min jogging, 3 min walking, 5 min jogging
<b>Mon 28.5. / Thu 31.5.</b>	5 min jogging, 3 min walking, 6 min jogging, 3 min walking, 5 min jogging
<b>Mon 4.6. / Thu 7.6.</b>	5 min jogging, 3 min walking, 8 min jogging, 3 min walking, 5 min jogging
<b>Mon 11.6. / Thu 14.6.</b>	25 min jogging
<b>Mon 18.6. / Thu 21.6.</b>	28 min jogging
<b>Mon 25.6.</b>	30 min jogging
<b>Thu 28.6.</b>	<b>Your Big Day: 5 km Fun Race !</b>

*\*public holiday)* 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 sign up, please email us at: [beginners@baselrunning.ch](mailto:beginners@baselrunning.ch), or sign up on meetup: <https://www.meetup.com/Basel-Dragons-running-club/>



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