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Welcome…

**…and thanks for joining our *YOU CAN RUN* programme. We offer this ‘couch to 5k’ course to get you started with running if you’re completely new to it, or rediscover its benefits if you’re returning after a break.**

We believe everyone – of every age, shape, size, speed and ability can run five kilometres. And in a small, friendly group of other new or returning runners, with the help of our qualified leaders, we’ll prove it together. *YOU CAN RUN*  is part of [RunTogether](https://runtogether.co.uk/) – England Athletics’ initiative to provide fun, friendly, supportive and inclusive running opportunities for everyone. And it’s a key element in our club’s commitment to support personal and community wellbeing.

You’ve already done the hard part by getting involved, now it’s time to the reap the physical, mental and social rewards. This pack tells you what to expect and gives you some simple tools to track your progress.

Welcome to Eynsham Roadrunners and *YOU CAN RUN*.

Feel fit – new friends – be happy

![A close up of a logo

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Simon Walker, Chair

What to expect

**Here’s what you’ll get from taking part in the Eynsham Roadrunners *YOU CAN RUN programme.***

**Fun**

To stick at any sort of exercise you have to enjoy it. So we make the programme a fun experience in the company of people you’ll like.

Discovering your running ability and feeling your fitness grow as part of a group will give you a real boost.

**New friends**

Make new connections and discover a fresh social scene. We pride ourselves on being a friendly, inclusive, community club.

**Physical health**

Running is the most natural and direct form of exercise there is – it’s what humans are evolved to do. No matter what your starting point is, you’ll notice your strength and stamina rapidly improve.

If you’d like to lose weight and improve your overall condition and appearance, there are few better ways to do it than by running.

**Mental health**

Running is great for the mind too. It’s a powerful tonic for anxiety, and an important aid to recovery from any sort of mental ill-health.

You’ll find the exercise, camaraderie and support the perfect stress-buster, mood-lifter and confidence-builder

**Achievement**

Whether you believe it at the beginning or not, the programme will prove you can run 5k – and possibly further if you want.

The sense of achievement when you’ve done it will be worth every puff and pant along the way.

**Safe, qualified support**

The *YOU CAN RUN* programme is designed and led by our volunteer leaders, who are all qualified by England Athletics and approved by the Government [Disclosure and Barring Service.](https://www.gov.uk/government/organisations/disclosure-and-barring-service)

From warm-up to warm-down, they’ll take you through graduated exercises that help you realise your goal of running 5k.

Key people

**Here are some of the key club members who’ll guide and support you through the *YOU CAN RUN* programme.**

**Marisa Keeley**

Our most experienced ‘couch to 5k’ leader, Marisa has run successful beginners groups since 2010. Qualified Leader in Running Fitness and Club member since 2008.

**Nic Coppuck**

Leader in Running Fitness.

**Ian Hembrow**

Leader in Running Fitness, who enjoys events up to 10k. Club member since 2016.

**Simon Walker**

Club Chair and Leader in Running Fitness.

**Ian Keeley**

Senior club coach.

**Nigel Fisher**

Club Mental Health Champion.

What’s involved

**Each *YOU CAN RUN***  **programme and session is tailored to the needs of the people in the group.**

Over the ten weeks, our qualified leaders will take you through:

* **Dynamic stretching** – to prepare you for running and protect you from injury
* **Fun warm-ups** – it’s not all about running…
* **Walk/run** – starting gently
* **Run/walk** – building up slowly
* **Continuous running** – for at least 30 minutes (trust us, you can do it)
* **Handling hills** – when the going gets tough
* **Building speed** – you justget faster
* **Running for wellbeing** – physical and mental fitness, club support
* **Your first 5k** – at a local parkrun or similar event
* **What next** – if you can run 5k, you can run 10k…
* **Part of the club** – please stay involved

**OUR GUARANTEE:**

Each week, you’ll see and feel progress, and there’ll be a smile on your face.

Feel fit – new friends – be happy

Useful stuff

**RunTogether and Eynsham Roadrunners have an array of things to help you get started and enjoy your running.**

**RunTogether app**

Download the app onto your smartphone from the App Store or Google Play.

Connect with your group, log your runs and watch yourself make progress. See <https://runtogether.co.uk/about/runtogether-apps/>

**Running log**

If you prefer old-school pen and paper, use the running log below to keep track of your sessions and milestones.

**RunTogether website**

Got o and register at [runtogether.co.uk](https://runtogether.co.uk/) for loads of great advice and information about getting into or returning to running. Plus special offers on running gear and events.

**Club website**

Visit our online home at [eynshamroadrunners.org.uk](http://eynshamroadrunners.org.uk/) for everything about the club, and all the latest news. There’s a special section about wellbeing, with links to all out key community partners and resources, including [Eynsham Medical Group](https://www.eynshammedicalgroup.org.uk/).

**parkrun**

The weekly international movement that hosts community 5k running events. Free to everyone forever, [parkrun.org.uk](https://www.parkrun.org.uk/)

**Club kit**

Great value, hardwearing running and training gear branded in our distinctive blue and white colours.

Choose from vests, t-shirts, hoodies, training tops and more – just ask your group leader for details.

Running log

**Use this page to record and keep track of your running progress. Or download the RunTogether app to do this on your smartphone. Great to share with other runners…**

|  |  |
| --- | --- |
| **Name:** | **Date started:** |

|  |  |  |
| --- | --- | --- |
| **Date:** | **What you did:** | **How you felt:** |
|  |  |  |
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Feel fit – new friends – be happy