



# Run Lewes

## Beginners Course Information

### **Getting started**

This guide will help you get the most out of your running course and aims to answer your basic questions to get you started.

The course runs for 10 weeks. We meet Saturday mornings and sessions run for around 1 hour. All sessions are outdoors in various venues around Lewes town and we always meet where there's free parking available. We keep in touch with you each week via email, so please put RunLewes into your senders to avoid our mails going into to spam.

Please note that we can only take runners over the age of 16 years. Feel free to call us – details on [www.lewesac.co.uk/beginners](http://www.lewesac.co.uk/beginners) Or email us on: [runlewes@lewesac.co.uk](mailto:runlewes@lewesac.co.uk)

### **Who are we?**

We are UK Athletics qualified Coaches & Leaders with Lewes Athletics Club based at the Lewes Leisure Centre. We run regularly all year round and take part in various events and races around the County.

We have created this course as we know that starting out is a bit daunting and the first step is getting out of the door! So our aim is to get you running in an enjoyable and informal environment with like minded people - using the great outdoors as a backdrop to our sessions.

### **Why Run?**

This running group is part of a Run England and Lewes Athletics Club initiative to get people running for fitness and fun - it is primarily a recreational beginners group which we hope will lead on to you getting the running bug and becoming part of your everyday life.

Running is a relatively cheap sport that you can do pretty much anywhere, at any time. All it takes is for you to put on your running shoes and get out of the door to gain the many benefits of running. Some of you may just want to run regularly to keep fit, and some may want to go further (literally!) and compete.

We can also help you with any specific goals that you might have; whether it be getting fit, completing a 5k race or a marathon!

### **Health information**

It is important that you tell us if you have any health matters, or health advice from your GP, that we may need to know about before you begin. These may not affect you in daily life, but could help us if you have a problem whilst out on a run with us. We are thinking of health matters such as; any injuries (knees, hips etc), recent operations, diabetes, asthma, pregnancy etc. These things won't necessarily stop you running, but it's helpful that we know so we can assess your needs properly as required. Anything you say to us is completely confidential and will not be passed on. If in doubt, please check with your GP before starting with us.

### **Homework**

Alongside our group sessions there will also be homework sessions for you to complete outside of our group. Expect these sessions to be around 30-45 minutes long (inc warmups & cool down elements). As the course develops you will be expected to put in at least 1/2 homework sessions per week. You will receive detailed notes after each group session on what to do, so please set time aside for the homework element in your diary.

### **Payment**

There are 10 sessions in the course (plus 1 week half term, so 11 weeks in all) and the cost is £30.00 payable in full at the first session. We can only take cheques (payable to Lewes AC) or cash.

## **Running clothing**

Running is reasonably cheap to get started and running kit is easily available. The most important bit of kit is your shoes, after that you'll need comfortable tops and bottoms (doesn't need to be fancy for our group) and a lightweight waterproof top – rain doesn't stop runners! For women, the other bit of important kit is a decent sports bra.

## **Shoes**

This is the most important bit of your kit – look after your feet and they will look after the rest of you. Having the wrong shoes can cause many running problems. You may be OK in general trainer style shoes for a short while, but as you progress, you will find that you need running specific shoes.

There is a useful web site; Sportsshoes.com which has a handy video which explains the different types of feet (there are 3 main types) and how to decide which foot type you are (click on either Men or Woman on the top bar and then click on the video icon). However, nothing can substitute for personal advice, and we would recommend that you visit a professional running shop and they can assess you to find the right shoes.

Don't worry about shoes too much, we can help advise when we see you and there is handout that we will pass on

## **Form filling**

Yes there is some! As part of our beginners group we will ask that you complete the RunEngland registration form at the first session.

## **High Visibility Top**

We do need to insist that the entire group has some High Vis clothing/bib when running in poor light. This can either be a top with hi viz markings on it, or a mesh bib to put over your top clothes. All running retailers will supply tops & bibs with reflective detailing in various styles and colours. We may be able to loan you one, please let us know in advance

## **After the course**

The course finishes with a 30 minute/5k local run, or a Park Run, to practice your new running skill. We hope that you will want to continue your running and join Lewes AC and become part of the wider club group. We offer a reduced membership fee for the first year which offsets your course cost. The club runs a number of group sessions throughout the week as follows;

Tuesday evenings; either town or off road group runs – depending on season. Join our Improvers group which follows on from the beginners course

Thursday evenings; track sessions at Lewes Leisure Centre tailored to various ability groups

Saturday mornings; track based sessions with a more relaxed approach

Sunday morning; earlybird off road runs for mixed ability groups

If you fancy getting a bit of race experience we also take part in several race leagues; The East Sussex Cross County League and the West Sussex Fun Run League. Many club members also race in various distances ranging from 5k park runs, 10k and distances up to marathons – so there is always someone who has experience to share.

## **Run England Membership**

Run England supports running groups like ours with resources and support. We register you as part of our Group. Check it out on; <http://www.runengland>

Joining is free and there are lots of advantages to joining Run England including a £15 sweatshop voucher and regular newsletters.