



## BARNT GREEN CHUGGERS

### 2018 - WOMEN'S - UP AND RUNNING PROGRAMME

SPRING INTO 2018 AND START JOGGING AND RUNNING WITH BARNT GREEN CHUGGERS.

This very light introduction to running, is best suited for the beginner jogger / runner and uses a tried & tested and balanced mix of walking, trotting, jogging and running. So if looking to improve your health & fitness, de-stress, lose weight or just wanting to get more active in the company of others.....then this is just for you !!

**WHAT** - 7 WEEK PROGRAMME OF ONE HOUR SESSIONS – delivered by a team of motivators from Barnt Green Chuggers; some who have completed the Up & Running Programme and understand the challenge of getting running

**WHERE** – Barnt Green Sports Club, Margesson Drive Barnt Green

**WHEN** – 10am Sunday Mornings - START DATE – SUNDAY 25<sup>th</sup> MARCH

**HOW** – COST £10 and for more information and registration – contact Emma Fordham - [emmafordham@rocketmail.com](mailto:emmafordham@rocketmail.com)

**WHO** – A group of no more than 20 women – all new to running :)

“When I started 'up and running' I couldn't run to the end of my road, I'm now training for a 10k run! It's a brilliant programme, really good fun. Everyone is so supportive. I've made lovely new friends and won a club award. Give it a try” Nicola Denning - BGC Rookie of the Year!!

