

QUALIFY AS A LEADER IN RUNNING FITNESS (LIRF)



**Do you have an interest in running for fitness & would like to lead a group?
Then this is the course for you!!**

The **Leadership in Running Fitness** course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

Your nearest course

Date	Sunday 4 May 2014
Venue	Winchester Sports Stadium Milland Road Winchester Hampshire SO23 0QA
Course Code	SC0792
Cost	£150 per person (EA affiliated club members £130)

For further info, please contact Rebecca Turford on rturford@englandathletics.org



find out more at: www.englandathletics.org/courses