

# BROAD STREET AND BEYOND

## A TRAINING PROGRAM FOR 10 AND 13 MILE RACES



Are you new to running? Perhaps you'd like to start but don't know how. Perhaps you have run a few miles but want to go further.

So if this is you, come and join the Broad Street and Beyond Training Group; it is a program designed for beginner distance runners.

We will provide you with a training schedule and we'll support you every step of the way

The program will teach you everything you need to know; topics will include:

- Group runs on Saturday mornings
- Appropriate clothing for all seasons (ie what to wear when it's cold...)
- Shoes
- The principles of training
- Hydration and electrolytes
- Nutrition
- Stretching
- Mental aspects of running
- Pacing and improving your speed

Please respond with your full name, running experience and contact information to the email below.

Harry & Debbie  
Fast Tracks Training Group Coordinators  
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