A 30-minute or longer run in the countryside or near the sea is an excellent means of mental relaxation. It’s amazing how many solutions to problems can be found when away from daily distraction, especially in today’s constantly connected world.

But it can take a while to get into a rhythm. In the beginning, many feel breathless after mere 2 or so minutes. The body also needs to adapt to the impacts and strains that are a product of running. Going too hard too soon can lead to injuries and the loss of a great opportunity to enjoy the peace of mind and satisfaction that follows a run.

This 10 week course will give you the tools to take up running safely and effectively. It won’t make you a race-winner, but it will get you out the door and back with a smile and a feeling of satisfaction. The course involves 10 sessions of 2hrs each that will introduce you to the technique and pacing skills for comfortable running. You will be guided through a set of exercises to strengthen the muscles used for running and protect against over-use injuries. At the end you will be given your own personalized weekly training schedule to maintain those precious gains.

Equipment required: a good pair of running shoes, comfortable running shorts/legging and t-shirt.