

**Could you be a**

**Run in England Leader?**

Becoming a Leader – You may be just the person to lead a group! Or you may already be a club runner!

We are looking for someone who is:

* enthusiastic
* supportive of others
* has a bit of free time
* a runner of little experience (not speed)
* willing to do a one day training course

**You don’t need speed to lead.** Our leaders are as varied as our members. They are all ages, paces, sizes, shapes, abilities and experience .

There are some important factors that they all have in common.

* A love of running. Social running, fun running and even for improvement and perhaps even competition.
* They enjoy meeting others and sharing their knowledge and experience of running with them.
* They are patient and value the complete beginner as much as anyone in their group.
* They delight in the success of others.
* They worry that they may not know enough or be fast enough or good enough but their groups tell you they are all wonderful.
* Some have run for a lifetime; others for maybe a year or two and started with us as a beginner.

Leadership in Running Fitness is a new course accredited by UK Athletics and designed for people just like you.  The 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.  On completion of the course you will be a qualified and insured leader and issued with a leader’s ID card.

**Lead a Run in England group**

Leadership in Running Fitness will qualify you to set up your own official Run in England group, and make a lasting contribution to the health and fitness of your workplace, school, college, university or local community.

**Reach into the community**

Run in England is our new nationwide programme to get more people of all abilities out running.  For your club, this is a chance to expand your reach into the wider community.  For you as a leader, the chance to take your passion further and perhaps earn some money in the process.

**What do you learn?**

Content of a Leadership in Running fitness course includes the following:

* Looking at barriers to running and how people may perceive running – How to create an accessible environment for all
* Planning training: Plan-Do-Review - How to develop a session & session components including risk assessment, safety, having an aim and reviewing practice
* Warming up, leading a group and cooling down
* How to observe your group to manage all abilities
* Energy systems, aspects of fitness – Looking at different activities for sessions and linking elements of fitness and energy systems to session planning, as well as understanding why variety is essential even to beginners
* Goal Setting – How to set and use personal goals
* Correct stretching for running - When and how of stretching and mobility
* Common injuries and injury prevention
* Footwear – The basics
* Being a leader – Your role and responsibilities