

## Weekly group sessions to build strength and endurance

Every runner needs to build strength to compliment their speed and endurance so why not join us on our 6-week structured training programme to help improve your strength, conditioning and all round general fitness levels.

The 6 x 1 hour group sessions will be coach led and start from Medway Park, Gillingham (please note that the session venue will vary subject to the session). New runners are very welcome and we will always make sure that runners are in a group that's appropriate to their fitness and ability.

### Dates and Proposed Sessions

Tuesday 11<sup>th</sup> August 2015 7.00-8.00pm  
*Threshold intervals (The holy grail of endurance running)*

Tuesday 18<sup>th</sup> August 2015 7.00-8.00pm  
*Strength and Conditioning (build strength to compliment your running)*

Tuesday 25<sup>th</sup> August 2015 7.00-8.00pm  
*Kenyan Hills (the ultimate strength and endurance session)*

Tuesday 1<sup>st</sup> September 2015 7.00-8.00pm  
*Progression intervals (learning to take the effort up when fatigued)*

Tuesday 8<sup>th</sup> September 2015 7.00-8.00pm  
*Mixed pace intervals (Learning to run at different efforts and paces)*

Tuesday 15<sup>th</sup> September 2015 7.00-8.00pm  
*Hill Relays (team work to improve stamina)*

The cost of the package that includes 6 x 1hr sessions, associated coach support and entry into a free prize draw is £30. Please note that this is payable in full prior to your first session so to confirm your interest and register please send a confirmation email quoting '**S&E2015**' to [colin@fullpotential.co.uk](mailto:colin@fullpotential.co.uk)

### Terms & Conditions

There is a minimum age of 18 years old and each participant will be required to complete and return a PARQ and coaching questionnaire prior to their first session. If any participant fails to comply they will not be allowed to take part in the session until they have done so.

Participation is entirely at the runner's own risk and Full Potential cannot be held responsible in the event of any loss or injury during a session.

Where not already stated, all terms and conditions to be as per **Full Potentials General Terms and Conditions**.