



**MEN**

**EXTENDED**

**INTERMEDIATE COURSE - 10k/6MILES**

Following a very successful men's intermediate course we have decided to run **3** Men only extended intermediate sessions for those men who can now run 6 miles and wish to carry on running on a weekly basis with an organised group but are not quite ready to run with our Wednesday Men. During these nights slow, steady runs of approximately 6miles/10k in length will take place to enable you to consolidate your running skills, become a more confident runner and move on to our Wednesday night men's group

**THURSDAYS 6-7PM**

**Thursday 21<sup>st</sup>, 28<sup>th</sup> November and 5<sup>th</sup> December 2019**

**Meet at Maldwyn Leisure Centre**

**£2.00 each session**

**Charity 5k/3mile run Thursday 14<sup>th</sup> November (£5) – see Poster**

**Please wear suitable clothing and foot wear**

**The group will be led by volunteers who are qualified and licensed UK Athletics Running Fitness Coaches**

