**INTERMEDIATE RUNNING COURSE**

**LADIES and MEN**

**(Covid restrictions adhered to)**

**Following a highly successful Beginners Course, we are now starting a new short 3 Week Intermediate Course for those who can now run 3miles/5k and wish to carry on running on a weekly basis with an organised group but are not quite ready to run on their own. During these nights slow, steady runs will be approximately 3miles/5k in length and will enable you to consolidate your running skills and become more a confident runner.**

**All runners will be supported in running their own pace.**

**THURSDAYS**

 **30th March and 6th and 13th April 2023**

 **6.30-7.30pm**

**Meet at entrance to Dolerw Park**

**(By the Riverside Venue)**

**£9 for the course payable in advance by Bank Transfer**

**Booking is essential as places are limited, anyone not booked on will be turned away**.

**To book your place please email: ladies@maldwynharriers.org.uk**

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