



Welcome!

We are one of Scotland's biggest running clubs, based on the south-side of Glasgow. We hope you enjoy training with us.

We meet for 6.30pm every Monday and Wednesday in Glasgow's south-side, near Bellahouston park. Because our meeting point sometimes changes, particularly over the winter months, please check our website to find out exactly where we're meeting. Sessions last about 60 to 90mins. We are usually heading home before 8pm.

Our coaches are club runners, with coaching qualifications, who volunteer to lead a session each evening. Coaches prepare our training programme to improve our speed and endurance. Training includes intervals, hills and tempo runs. We run in nearby parks and roads, or on our track. All our training sessions/plans are available at bellahoustonroadrunners.co.uk

We start in our club room, there are changing rooms and lockers (£1 coin refunded). Staff can direct you, but most runners you see will be able to direct you to us too

At the start of each session **someone from our club committee will introduce you** and make a few announcements, and a lead coach will explain the session.

We normally train in **3 groups loosely based on your 10k running speed.**

- Purple: under 42 mins
- White: 42 to 47 mins.
- Black: over 47 mins.

We do a 10-15 mins warm up run, some running drills, and then 40 minutes or so of effort. Then we do a warm down back to our meeting venue. And finish with water or juice in our club room.

In your first few sessions take it easy. Don't feel pressure to push yourself too hard. Just find a group who run at your pace and enjoy the session.

After a couple of weeks we ask you join up at Bellahoustonroadrunners.co.uk – we have a range of memberships based on how much you intend to train with us and we have a concession rate. Membership includes your own famous Bella purple running vest.

There's more to too than just training! We have an active social calendar, informal run options and groups, and a variety of club championships and events to keep you motivated.

So, welcome to Bellahouston Road Runners. Enjoy your run! Any questions? Just ask. We hope you decide to stay with us.

Richard Leyton
President

Any questions? Please ask or email us at info@bellahoustonroadrunners.co.uk
Bellahouston Road Runners is a charity registered in Scotland (SC047300)