



Bellahouston Road Runners

Welcome

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

We meet at 6.30pm, at the Nethercraigs Leisure Centre, **every Monday and Wednesday**. 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 set up 12 week programmes to improve our speed and endurance. Training includes intervals, hills and tempo runs. We run in nearby parks and roads, or on our track. Weekly training sessions are published at www.bellahoustonroadrunners.co.uk

We start in our club room at Nethercraigs. There are changing rooms, showers and lockers (£1 coin refunded). After your first visit, we all pay £1 into the money box each time we come.

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 41 mins
- White: 41 to 46 mins.
- Black: over 47 mins.

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

In your first few sessions take it easy. Do not feel underpressure 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 - It costs £30 per for your first year which includes your own famous Bella purple running vest. And £20 per year thereafter.

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 about anything mentioned here? Just ask.