



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 prepare 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). Staff at reception will direct you.

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 run back to Nethercraigs. 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.

So, welcome to Bellahouston Roadrunners. 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.