

New Runners Induction

Rule Number 1 - DON'T PANIC!

We understand that being a new runner and joining a running club can feel like your first day at school so we have designed the induction evening to help put you at ease

When you arrive at Palmer Park you will find our information desk in the reception area, manned by Glynne Jones (chairman).

Simply introduce yourself and they will show you where to change and introduce you to Lee Hinton (Tiptoes) who will take you for your induction. Remember that some running will be included as a part of your first session so please wear appropriate clothing.

You will not be put through a fitness test nor asked to sprint around the track 20 times. Instead you will be shown how the track evenings are arranged. Here's what we'll be covering:

1. Health and Safety
2. Track rules
3. Warm up
4. Drills and skills
5. Session
6. Cool Down
7. Stretching

Even if you feel like walking most of your first session, don't worry, we encourage it. The whole idea is to have fun and enjoy your running.

At the end of your induction you will be introduced to your prospective coach and given a handbook with information on hydration, shoes, clothing, stretches and so on.

Golden Rule – RELAX AND HAVE SOME FUN!