

**UKA CLUB RUN**

**What is Club Run?**

* Three coach-led visits to your club over a 3 month period
* Three practical coach-led sessions, each lasting between 90 minutes to 2 hours
* An experienced and qualified coach associated with the England Athletics coach development programmes
* Focused and progressive sessions in line with the aspirations of the club’s runners and leading towards helping them prepare for a particular event or distance
* Endurance specific warm up and cool down session components
* Support and guidance for the club’s coaches and leaders
* The opportunity for informal discussion around key topics linked to training and race preparation

**But what does that mean for you?**

* We have been assigned a UKA Level 4 Coach, Pete Robins
* As a club we will train for the Mob Match Race (5 miles) on 25th November
* Pete has provided 3 different training schedules for the Mob Match, targeting finishing times 30-40mins, 40-50 mins, 50-60+ mins with defined sessions on 5 days per week – its only a guide and don’t worry if you can’t commit to 5 days, you can still do it!
* Run Leaders will be coordinating the training groups for each finish time, and there may be several groups per finishing band.
* Training Schedule to start w/c 16 September
* The main session will be on a Wed, when you will be able to feedback your previous weekly sessions to your Run Leader and adjust sessions accordingly.
* 3 Visits by Pete on a Wed Club night to take/assist with the training sessions and provide the opportunity for post-run Q&A

**Let us know if you wish to participate**

**and get your Mob Match place via** [**www.runbritain.com/race/falmouth-mob-match**](https://www.runbritain.com/RaceDetail.aspx?eventid=7dbd06ca5e6a&raceid=7fbc06ce5e6f&returnlink=https://www.runbritain.com/races?keyword=&distance=&region=&county=&profile=&surface=&awards=&entrants=&page=31&pagesize=8&gender=0&onlineentry=1&responseType=html)**, as the race entries are selling fast.**

**There will be Prizes!**

**Any queries – please get in touch** [**mailto:carnrunners@hotmail.co.uk**](mailto:carnrunners@hotmail.co.uk)