

QUALIFY AS A LEADER IN RUNNING FITNESS (LIRF)



**Do you have an interest in running for fitness & would like to lead a group?
Then this is the course for you!!**

The **Leadership in Running Fitness** course will enable you to deliver fun and safe sessions to multi-ability groups and give advice and support to the new runner, as well as developing pathways for those who want to progress. It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

Your nearest course

Date	Sunday 5 October 2014
Venue	Sevenoaks School High Street Sevenoaks Kent TN13 1HU
Course Code	SC0833
Cost	£150 per person (EA affiliated club members £130)

For further info, please contact Rebecca Turford on
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find out more at: www.englandathletics.org/courses