



0-5k Running Group

Information for participants

Welcome to our 0-5k running group. We recognise that everyone will have had different exercise experiences, many of these may have been less than positive experiences dating back to school days, and it has taken a great deal of courage to try to improve fitness levels again.

We want our group to be a positive experience for everybody. If you have any questions or concerns about the group before we start or during the course then please do not hesitate to ask the course leaders or email us: secretary@victoriaparkashford.uk

The course will run over a period of 10 – 12 weeks. We understand that there may be commitments which lead to participants missing occasional weeks, but would advise that regular attendance, plus undertaking additional runs as advised by the course leaders between sessions will lead to the best benefits from the course.

If you have any pre-existing medical conditions or injuries, we advise you to seek advice from a medical professional before starting your 0-5k journey.

We recommend wearing supportive running shoes/trainers with good shock absorption, leggings/jogging bottoms or shorts and a t-shirt. In cooler weather you may wish to wear additional layers.

We would also recommend carrying a water bottle. If it is likely to be dark then reflective or high visibility clothing, a head light or chest light are useful.

Meet our course leaders:

Our course leaders are UKA trained in Leadership in Running Fitness.

Michelle

I began my running journey in 2019, laughing when Simon suggested I should give parkrun a go! PE wasn't my favourite subject at school, and I had no real talent when it came to physical activity, and I thought, if I couldn't do it then, there wasn't much chance 19 years later! Two weeks later I started my 0-5k course, having bought the cheapest trainers and leggings I could find and believing I wouldn't make it past the first couple of weeks of the course. I completed my first 5k in June 2019. Having made it to 5k, the running bug bit and I kept on going and joined a running club, something I would never have expected to do. In April 2021, I completed my first half marathon, and am now training towards a marathon.