

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 24th March 2019

Venue: Harrogate High School Ainsty Road, Harrogate.
North Yorkshire HG1 4AP

Code: NC1104

Cost: £160 or £140 for EA affiliated club members

For further info, to book on: www.ulearn.com
enquiries@englandathletics.org



RunTogether



find out more at: www.englandathletics.org/courses