



Collingwood Athletic Club

“From Couch to 5k” - Collingwood AC Beginners Training Course

Information and Application Form

<i>Beginners Running Course</i>	<i>Session Dates</i>		<i>Cost</i>
Meet at around 6.45pm for a prompt 7.00pm start. Location: Collingwood AC HQ, Croygas, Mollison Drive, Wallington, Surrey. SM6 9BY	Wed 7 Sept Wed 14 Sept Wed 21 Sept Wed 28 Sept Wed 5 Oct	Wed 12 Oct Wed 19 Oct Wed 26 Oct Wed 2 Nov Wed 9 Nov	£5 registration plus £1 per session. Course total cost = £15

INFORMATION ABOUT THE COURSE

This is a ten-week beginner's running training course designed to take you from a complete standstill to the goal of running our local 5km "parkrun" Roundshaw Downs non-stop (which will most likely take you between 30 - 40 minutes to complete) on Saturday 12 November at 9am. The training you will receive is progressive walk-jog intervals – as you progress, you will jog/run for more time than you walk. You will be advised to replicate your week's session on two additional days each week. This means you need to be able to commit to your plan. These additional sessions will be given to you as homework so you know how long you should be going out for.

WHAT YOU WILL NEED

Running shoes – You need to ensure your shoes are well cushioned, fit well and are supportive. Good local shops include Runathon, in Surrey Street, Croydon and RunToLive, in Ashtead, Surrey. They can advise you on what brand and style is best for your needs. If you are a beginner tell them. They will not have any interest in persuading you to buy the most expensive pair as they will want to provide you with running shoes that are right for you and will hope that you will come back again for your next pair.

Sports bra if female – Normal bras reduce breast movement by around 35 per cent, but a good sports bra achieves closer to 60 per cent. A- and B-cup sizes normally suit crop-top styles; larger sizes require moulded cups; and either way you should look for a bra which has been designed for high-impact activities. In addition to the shops mentioned you can also try these sites amongst many others:
<http://www.lessbounce.com/> www.figleaves.com

Stopwatch/digital watch – You don't need an expensive stop watch. A very basic Casio wristwatch is available from Argos for about £6. Most mobile phones have a stop watch too but they can be a bit difficult to see.

Please Note: A place will be reserved for you when your completed registration form and payment is received.

Numbers of participants on the course are limited. A refund cannot be given if you sign up to the course and then give up or have to drop out once it has started. Due to the progressive nature of the Beginners course your place cannot be taken by another person once the course has started.

PLEASE COMPLETE THE FOLLOWING BOOKING FORM (do not forget to keep a copy of page 1)



Collingwood Athletic Club

BEGINNER'S RUNNING COURSE BOOKING FORM

"From Couch to 5k" with Collingwood AC

Wednesday 7 Sept – 9 Nov 2011 followed by your goal event, our local, free 5k "parkrun" race at Roundshaw Downs on 12 Nov 2011:

<http://www.parkrun.org.uk/roundshaw/>

About You

First Name	Last Name
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Address	
Town	County
Postcode	Home Phone
Work Phone	Mobile

Email address

Date of Birth	Male	Female
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Emergency Contact Person	Emergency Contact Number
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How did you hear about the course?

Flyer	Internet	Word of mouth	Poster	Newspaper	Other
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PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Regular physical activity is fun and healthy. It is recommended, however, that you complete and, if necessary, check this questionnaire with your doctor before embarking on any new activity programme.

Session Format

- Warm up.
- Running session.
- Cool down and stretch.

Please read the questions below carefully and answer each one honestly. If you do not understand any question please ask for further explanation. All information you provide will be treated with the strictest of confidence. Questions 10 & 11 are for post-natal clients.

Please circle correct answer where appropriate.

1. Has your doctor ever said you have a heart condition? YES NO
If YES please give details:

2. Do you feel pain in your chest when you do any physical activity? YES NO

3. In the past month have you had chest pain when you were not doing physical activity? YES NO

4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES NO

5. Do you have a back/ pelvic or other joint problem that could be made worse by a change on your physical activity? YES NO
If YES please provide details:

6. Do you suffer from raised blood pressure? YES NO
If YES please provide details:

7. Do you suffer from diabetes? YES NO
If YES please provide details:

8. Do you have asthma? YES NO
If YES how do you control it?



Collingwood Athletic Club

9. Do you know of any other reason that could affect your participation in exercise e.g. prescribed medications? YES NO
If YES please provide details:

[For Post-natal clients only]

10. Have you had your postnatal check up? YES NO N/A

11. Was your postnatal check up satisfactory? YES NO N/A
If NO please provide details:

12. YES NO Are you or were you a regular exerciser? If YES please provide details

13. YES NO Do you intend to do any other exercise in addition to this session?

If you answered YES to any questions numbered 1-9 or NO to any questions 10-11, you must check with your doctor before taking part in the exercise session.

I accept that Collingwood AC will not be held liable for any injury, loss or illness resulting from my participation in this training course or parkrun event and that I run at my own risk.

By signing and dating this form you are confirming that the information you have given is correct and you are participating in the session on a voluntary basis.

Signed : _____(Participant) Date: _____

Signed : _____(Doctor if appropriate) Date: _____

If you experience any problems as the sessions progress please let me know.

Thank you and I hope you enjoy the session.

Please send your:

- 1) Completed booking form;
- 2) Physical activity readiness questionnaire; and
- 3) Cheque for £15 made payable to Collingwood Athletics Club to:
Beginners Running Course Application, Course Leader, c/o 19 Hillside Gardens,
Wallington, Surrey SM6 9NX