

# 2023 WEST CAMBRIDGE (STAFF) SUMMER RUNNING GROUPS

We have two running groups for you this year!



## Group 1: "Get Me Started"

Join our new beginners running group for **University of Cambridge Staff**.

The sessions run weekly and are hosted by friendly experienced runners. **You won't get left behind and the only goal is that you enjoy it!**

The "**Get Me Started**" group will start on **Tuesday 23rd May** from the University of Cambridge Sports Centre at **13:15** and will last 20/30 mins. There is no cost to run with the group and you are welcome to use the Sports Centre's changing facilities before and after the sessions.

Designed for those new to running, or starting again after a long break, this 8 week course can be linked to the Couch-to-5k programme and will incorporate walking/running intervals before progressing to running for longer periods, finishing with the option to participate in a local Park run event in the 9th week!

With a maximum 12 people, places will be allocated on a first come first served basis. Please check that you can do the majority of weeks before signing up.

Before starting this programme we ask that you please return a Health Questionnaire. We recommend being able to comfortably walk for 20 minutes at a brisk pace before participating in this programme.

**To book your place, or for further details, please email**  
**[run@sport.cam.ac.uk](mailto:run@sport.cam.ac.uk)**

# 2023 WEST CAMBRIDGE (STAFF) SUMMER RUNNING GROUPS

We have two running groups for you this year!



## Group 2: “Keep Me Going”

We are also introducing a new programme for those who feel comfortable running/jogging around 5km without stopping and generally run at least twice per month.

In this plan, we’re mixing up the pace: making sessions more varied and fun, helping you hit that 60 minute goal!

The “**Keep Me Going**” group will start on **Thursday 25th May** from the University of Cambridge Sports Centre at **13:15** and will last 30 mins. There is no cost to run with the group and you are welcome to use the Sports Centre’s changing facilities before and after the sessions.

Designed for the comfortable runner who would like get more active, this 8 week programme provides the perfect setting to challenge yourself and reach your goals, finishing with the option to participate in a local Park run event in the 9th week!

This course can be linked with the Couch-to-5k programme and, with a maximum 12 people, places will be allocated on a first come first served basis. Please check that you can do the majority of weeks before signing up. Before starting this programme we ask that you please return a Health Questionnaire

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