

## Poole Joggers Couch to 5K - FAQs

Please find more details about the programme in our FAQs below. If you need to know anything else, please contact us at <http://poolejoggers.co.uk/contact-us>

### **Q. Why run?**

**A.** Running is packed with health benefits, it strengthens lungs, muscles and immune system, improves blood pressure and is often a big boost for mental health. Find out more about the health benefits of running, and lots of useful advice for getting started, here:

<https://www.dietspotlight.com/benefits-of-running/>

### **Q: I consider myself unfit, can I still sign up?**

**A:** Yes of course, everyone is welcome, as long as you are medically fit to run. We will be following the NHS Couch to 5k plan, and whether you are a total beginner or perhaps you run already but infrequently, you are most welcome.

### **Q: Is there a minimum age to take part?**

**A:** The couch to 5k programme is open to everyone aged 18 and over.

### **Q: Am I too old to run?**

**A:** Certainly not, we have runners of all ages!

### **Q. How many places are available on the programme?**

**A.** We have 40 places available.

### **Q. When does the course start?**

**A.** The Couch to 5k programme starts at 6.15pm on Thursday 11<sup>th</sup> January 2018. The programme will run for 9 weeks in total, and will conclude with a 5k parkrun on Saturday 17<sup>th</sup> March where we will team you up with buddy runners.

### **Q. How do I register?**

**A.** You can register and pay online at <http://poolejoggers.co.uk/c25k> or download a form and send it to us with your payment.

### **Q. How much does it cost and what does this include?**

**A.** The programme costs £18 per person which must be paid in full when registering. The fee includes 9 weeks of coached sessions with a team of dedicated volunteers and a T shirt and certificate on completion of the programme. Please note that the registration cost is non-refundable.

### **Q: Do you offer a pay as you go programme?**

**A:** Unfortunately not, the programme must be paid in full at the time of registration.

### **Q: Can I pay on the first night?**

**A:** Unfortunately not, registrations will close Monday 8<sup>th</sup> January or sooner if all the places are filled.

### **Q: What time and where do the sessions take place?**

**A:** We meet at 6:15pm at the Cricket Pavilion in Poole Park, postcode BH15 2SF. Each session will last approximately 45 minutes (please note, we won't be running for 45 minutes, this includes warm up time, breaks and cool down!) The timetable we will be following can be downloaded at

<http://poolejoggers.co.uk/c25k>

**Q. What should I wear, will I need any special equipment?**

**A.** Please wear comfortable clothing and a pair of trainers, you don't need specialist running shoes or technical clothing although if you have some already then great. Just be aware you may get a bit hot, so dress in layers. Bright or high-visibility clothing is preferable to help you be seen at night. We will use routes lit by streetlights.

We recommend bringing a small bottle of water for during or after the session.

**Q. What if the weather is bad?**

**A:** We will run in all weathers, so dress appropriately.

**Q: Will I have to do anything during the week before we meet again?**

**A:** You will be expected to do a couple more sessions during the week which are detailed in the timetable. If anyone would like to meet for one of these "homework" sessions at Poole Park on Saturday morning at 10 am, please let one of the coaches know and we will try and arrange for someone to be there with you.

**Q. What if I can't make one of the sessions?**

**A.** We encourage you to attend every session if you can, and there won't be catch up sessions. However if you know you can't make a session, let one of the coaches know and we will be happy to advise on what the session will cover so you can complete it yourself.

**Q: I have a doctor's certificate to say I am unwell and that I cannot complete all of the weeks, can I have a refund?**

**A.** Unfortunately we are not able to offer refunds.

**Q: Where can I park?**

**A:** You can park free of charge in Poole Park. The car parks closest to the Cricket Pavilion can be found in Copse Close and next to The Ark.

**Q: Where can I keep my belongings?**

**A:** You can leave your belongings in the Cricket Pavilion, which will be locked while we are out running, although items are left at your own risk.

**Q: Are there toilets and changing facilities?**

**A:** There are toilets and changing rooms, please note there are no showers.

**Q: Will I have to run on my own?**

**A:** We will have coaches at every session and you will always have someone to run with as a part of a group. If you miss a session, talk to one of the coaches who will advise on what you can do in your own time to make up for the session. We will also provide advice on what running you should do in between our Thursday sessions.

**Q: Can I run with a running buggy/my children/my dog?**

**A:** For safety reasons, unfortunately no. Please also note that the Cricket Pavilion is locked while we are out running and it is not possible to leave children unaccompanied here.

**Q: Can I bring a non-running friend for moral support?**

**A:** Why not ask your friends to register with you and complete the programme together? Don't be afraid to come on your own either, we are a friendly bunch and you will soon get to know your fellow runners.

**Q. What happens at the end of the course?**

**A.** We have a “graduation” run at Poole parkrun at 9am on Saturday morning 17<sup>th</sup> March and people completing the couch to 5k programme will have running buddies from the club to encourage them to get round the 5k course.

You can find out more about Poole parkrun at <http://parkrun.org.uk/poole> but we will tell you all about it in the preceding weeks, and prepare you well, so you don't have to worry.

**Q. Who are Poole Joggers?**

**A.** Poole Joggers are a local running group, affiliated to Poole Athletic Club. We love running, and the social side and support that comes from running with others. We hold **free** organised, group runs every Thursday evening at 7pm. Once you have completed your 5k course, why not think about keeping it up with some more social running? Find out more at <http://poolejoggers.co.uk>