

## **FIT together - jogscotland, Scone**

### **Wheely FIT. Starts Tuesday 17 September 2019 @ 10am**

This is a unique session which is open to anyone who pushes wheels! This could be a buggy or a wheelchair, if you push it, you are welcome! Sessions will take place in the safe environs of Scone Park (meet at Abbey Road entrance, opposite the Spar) and will include gentle jogging and other activities/exercises to give you a feel good factor for the day. Your son/daughter or person you care for will always be close by. £3 per session.

### **Beginner FIT. Starts Tuesday 17 September @ 6.30pm**

A beginner's session where you are supported in a safe and fun environment to run continuously for 15 minutes after 10 weeks. A headtorch and hi-viz clothing will be needed for darker evenings. Full payment is required in advance and a minimum of 4 people are required for the block to run - ask your friends to join you! Meet at Scone Park (opposite the Spar, Abbey Road). £30 for the block.

### **Improver FIT. Starts Wednesday 18 September @ 6.30pm**

This is a great session to move onto once your confidence has grown and you can run for at least 15-30 minutes. Walk breaks can still be built in depending on ability with regular regrouping/looping back for runners who can run for longer (route will be shared at the start of the session). Speed work and hill reps will be a regular feature to improve your performance. Meeting points may vary to keep routes interesting, and this will be shared in advance each week. £3 per session.

**Register interest if you are keen on an early morning run session or have other suggestions - anything is possible but only if we know!**

### **Additional Information**

Before taking part, you are required to complete a couple of forms - please email leader Caroline Ness to get these in advance of your first session. You also need to join jogscotland as a member - this offers you benefits including insurance and is free - the link will be shared with you when you get in touch.