

GLASGOW RUNNING NETWORK 2012

Information booklet



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Welcome

Welcome to the Glasgow Running Network's 2012 Information Booklet. Whether you are a complete beginner or a regular runner who wants to increase your distance or improve your 10k time, there is something here for you.

We welcome men and women of all ages and capabilities. Our groups are fun, friendly and provide the added motivation and safety of running in a group.



We have added more beginners' courses this year, some new networks at our busiest venues and weekly speed sessions for those of you looking to improve your speed and race times!

The majority of our groups meet within Glasgow Club leisure centres where you have full use of changing facilities, showers, toilets and lockers. The exception to these are Garrowhill Community Centre and Pollokshaws Library where there are no changing/ shower facilities. Please book and pay for your sessions at the venue of your choice.

Feel free to contact us if you require any additional information or advice. Contact details are on the back page.

Please note prices will change on 1st April 2012.

WHERE TO START?

Our programme consists of our annual network groups which meet year round and various courses to get you started or help prepare you for running specific distances/races throughout the year e.g. 10ks/half marathons.

Our sessions are split into the 3 levels below:

Beginners

- for complete beginners only
- new to running or returning after a period of inactivity

We would recommend our 10 Week Beginners courses (building to 3 miles) as the best starting point if you are a complete beginner looking to start running on a regular basis but not currently looking to complete a 10k.

Alternatively, our 10k Beginners courses run for 12 weeks, meeting twice a week. These courses progress at a faster rate and are specifically designed to prepare you for Glasgow Life's 10k road races.

Refreshers

- if you can jog for approximately 15-20 minutes without stopping
- you have some running experience or basic fitness level

Network Sessions

- not suitable for beginners
- you should be able to run 3 miles without stopping

Our beginners and refreshers sessions are designed as a pathway into our regular network sessions. Many of our regular network runners started with our beginners' courses and along with the coaches will make you feel very welcome should you choose to join them!

How fast should you be able to run?

We have runners of all abilities in our groups and most sessions have 2-3 coaches who spread themselves out along the route. You can decide whether you want to challenge yourself at the front of the group or stay at the back at a slower pace. The speed you run at is not important and you will be welcomed whatever your pace.

Before joining any of our sessions all participants will be asked to complete a Health Screening Questionnaire.

BOOKINGS/REFUNDS

WEEKLY NETWORK SESSIONS

No need to pre-book, simply pay or show your membership card to reception and you will be given a ticket to hand to your coach.

MEMBERSHIPS

Sign up at any Glasgow Club centre choosing from the direct debit or lump sum options below. We will then send out your welcome pack and running vest.

COURSE BOOKINGS

Courses are busy so book in advance at the Glasgow Club of your choice.*

*Pollokshaws Library and Garrowhill Community Centre can be booked and paid for by calling our hotline on 287 5079.

Courses may be cancelled if they don't attract sufficient numbers. A full refund or transfer will be given.

REFUNDS

No refunds will be given once a course has started.

Network Membership

Annual membership provides excellent value for money and allows unlimited access to all network groups listed on page 7. You will also receive a running vest and discounted rates on our courses and events.

COSTS & OPTIONS

Annual Lump Sum:	£63.50
Monthly Direct Debit:	£6.65 per month

Glasgow Club Fitness Unlimited Members (addition to monthly DD).

Full Price:	£4.10 per month
Concession:	£3.05 per month

Alternatively sessions can be attended on a pay as you go basis for

£3.45 per session.

Please note prices will change on 1st April 2012.

NETWORK INFORMATION



These are our regular groups, meeting year round. These sessions do not need to be pre-booked – just turn up and inform the coaches if you are new to the group.

With the exception of our two “refreshers” groups, you should be able to run 3 miles without stopping to run with the network. All networks, unless otherwise stated, run between 3 and 6 miles with a cut-off option of approximately 3 miles. Sessions may also incorporate some speed work.

If you want to see real benefits from your running we recommend running with a group at least 2-3 times per week. With regularity and commitment you will enjoy the exercise and progress quickly!

Refreshers

Our refreshers groups run up to 3 miles and are ideal if you don't quite feel ready for the network groups, have missed a few sessions or as a transition from our beginners courses.

Speed Work/Hills

We have introduced a new network session which will be based purely on speed work/hills each week.

This will run as a trial session and if successful, more may be added later in the year.

Speed training is for you if you want to improve your running times, race faster and finish stronger. It will make you fitter and more comfortable at all speeds, and it will ultimately help you to run harder for longer.

If you have been running regularly for some time, but always at the same pace, then these sessions are for you. And don't worry, it's not about sprinting flat out until you're sick!

NETWORK SESSIONS

Year round, no need to pre-book.

Mondays

6.30pm Glasgow Club Gorbals
6.30pm Glasgow Club Gorbals – refreshers
6.30pm Glasgow Club Scotstoun
6.30pm Glasgow Club Springburn
6.30pm Glasgow Club Castlemilk

Tuesdays

6.30pm **Glasgow Club Kelvin Hall – speedwork/hills**
6.30pm Glasgow Club Holyrood
6.30pm Glasgow Club Maryhill
6.30pm Garrowhill Community Centre

Wednesdays

6.30pm Glasgow Club Bellahouston
6.30pm Glasgow Club Bellahouston – refreshers
6.30pm Glasgow Club Scotstoun
6.30pm Glasgow Club Gorbals

Thursdays

6.30pm Glasgow Club Kelvin Hall
6.30pm Glasgow Club Whitehill Pool
6.30pm Pollokshaws Library

Saturdays

9.30am Glasgow Club Scotstoun – 6-10 miles
10.00am Glasgow Club Gorbals – 6 miles

Sundays

9.15am **Glasgow Club Bellahouston**
9.30am Glasgow Club Kelvin Hall

Sessions in bold are NEW and start week beginning 16th January 2012.



BEGINNERS COURSES

These ten week courses meeting once a week are ideal if you are new to running or re-starting after a period of inactivity. We provide sensible advice, support and company while you run. The aim is to have you running 3 miles without stopping on completion of the course. Thereafter you will be welcomed and supported by existing runners and coaches into our regular network sessions.

Please see pages 18-19 for a sample schedule and some tips!

Please book directly at the venue of your choice with the exception of Garrowhill Community Centre, please call 287 5079 to book.

Cost: £41.00 - Concession: £28.50

JANUARY

Venue	Day/Time	Dates
Castlemilk	Mon 7.30pm	23rd Jan – 26th Mar
Drumoyne	Tue 6.30pm	24th Jan – 27th Mar
Garrowhill	Tue 7.30pm	24th Jan – 27th Mar
Gorbals	Thu 6.30pm	26th Jan – 29th Mar
Scotstoun	Thu 6.30pm	26th Jan – 29th Mar

APRIL

Venue	Day/Time	Dates
Castlemilk	Mon 7.30pm	16 Apr – 18 Jun
Kelvin Hall	Tue 7.30pm	17 Apr – 19 Jun
Nethercraigs	Wed 6.30pm	18 Apr – 20 Jun
Gorbals	Thu 6.30pm	19 Apr – 21 Jun
Whitehill	Thu 7.30pm	19 Apr – 21 Jun
Scotstoun	Thu 6.30pm	19 Apr – 21 Jun

JUNE

Venue	Day/Time	Dates
Castlemilk	Mon 7.30pm	25 Jun – 27 Aug
Kelvin Hall	Tue 7.30pm	26 Jun – 28 Aug
Drumoyne	Tue 6.30pm	26 Jun – 28 Aug
Gorbals	Wed 6.30pm	27 Jun – 29 Aug
Easterhouse – The Bridge	Thu 6.30pm	28 Jun – 30 Aug

SEPTEMBER

Venue	Day/Time	Dates
Springburn	Mon 7.30pm	10 Sep – 12 Nov
Holyrood	Tue 7.30pm	11 Sep – 13 Nov
Garrowhill	Tue 7.30pm	11 Sep – 13 Nov
Bellahouston	Wed 6.30pm	12 Sep – 14 Nov
Scotstoun	Thu 6.30pm	13 Sep – 15 Nov

OCTOBER

Venue	Day/Time	Dates
Castlemilk	Mon 7.30pm	8 Oct – 10 Dec
Gorbals	Wed 6.30pm	10 Oct – 12 Dec
Kelvin Hall	Thu 6.30pm	11 Oct – 13 Dec



WOMEN'S 10K TRAINING

These courses will help prepare you to take part in the UK's biggest women only run in May – the Ignis Asset Management Women's 10k or a race of a similar distance. Men are welcome to join the training too!

10K BEGINNERS

Cost: £61.50

Concession: £43.00

These courses meet twice a week and build up to the 10k distance over 12 weeks. These programmes are designed to have you jogging round the course and are therefore not suitable if you plan to walk the full distance on the day of the race. Please see pages 18-19 for a sample schedule and some tips!

Venue	Day/Time	Dates
Holyrood	Sat 9.30am, Tue 7.30pm	11th Feb - 5th May
Maryhill	Sat 9.30am, Tue 7.30pm	11th Feb - 5th May
Bellahouston	Sun 9.30am, Wed 6.30pm	12th Feb - 6th May
Kelvin Hall	Sun 10.30am, Thu 6.30pm	12th Feb - 6th May
Pollokshaws Library	Mon 6.30pm, Thu 6.30pm	13th Feb - 3rd May
Springburn	Mon 7.30pm, Wed 7.30pm	13th Feb - 2nd May
Easterhouse	Mon 6.30pm, Thu 6.30pm	13th Feb - 3rd May

These courses are for beginners only, if you have previously participated in these courses and can jog for approx 15-20 mins please consider our refreshers courses.

WOMEN'S 10K REFRESHERS

Cost: £43.00

Concession: £30.00

These courses meet twice a week over 8 weeks building up to the 10k distance. You should be able to jog for approximately 15-20 minutes without stopping to take part.

Venue	Day/Time	Dates
Scotstoun	Mon 7.30pm, Wed 7.30pm	12 March – 2 May
Gorbals	Mon 7.30pm, Thu 7.30pm	12 March – 3 May

If you can already run 3 miles without stopping you can train for the Women's 10k with any of our regular network groups.

All participants in our 10k Beginners and Refreshers courses receive a 50% discount for the 5k Fun Run in April which is ideal preparation for the big day!

IGNIS ASSET MANAGEMENT WOMEN'S 10K

Date: Sunday 13th May 2011

Location: Bellahouston Park, Glasgow

If you have any enquiries regarding the race please call: 0845 270 0166



GREAT SCOTTISH RUN TRAINING



These courses are designed to prepare you either for the 10k or half marathon distance of Scotland's greatest road race - the Bank of Scotland Great Scottish Run.

***Dates to be confirmed.** Please check our website for updated details.

10K BEGINNERS

Cost: £61.50

Concession: £43.00

For complete beginners building to the 10k distance over 12 weeks, meeting twice a week.

Venue	Day/Time	Dates
Bellahouston	Wed 6.30pm, Sun 9.30am	6 Jun - 26 Aug*

10K REFRESHERS

Cost: £43.00

Concession: £30.00

If you can currently jog for 15-20 minutes without stopping or have previously completed our beginners' courses.

Venue	Day/Time	Dates
Kelvin Hall	Thu 6.30pm, Sun 10.30am	5 Jul - 26 Aug*

Please note if you are planning to walk the course, these courses will not be suitable for you.

If you can already run 3 miles without stopping you can train for the 10k with any of our regular network groups.

HALF MARATHON TRAINING

These courses include specific training to increase your mileage and endurance in preparation for the half marathon distance. We start at 10k and gradually build the distance of the weekend runs each week.

Midweek sessions will cover between 3 and 6 miles and incorporate some speed work.

Please note you should be able to comfortably run 6 miles in approximately 65 minutes or less to participate in this course.

Cost: £61.50

Running Network Members: £30.00**

**Your membership must be valid for the duration of the course to receive this discount.

Venue	Day/Time	Dates
Bellahouston	Wed 6.30pm, Sun 9.00am	6 Jun – 26 Aug*
Scotstoun	Wed 6.30pm, Sat 9.30am	6 Jun – 25 Aug*
Gorbals	Wed 6.30pm, Sat 9.30am	6 Jun – 25 Aug*



MARATHON TRAINING



Running a Spring Marathon? Looking for some company and motivation on those long weekend runs?

This 16 week course includes:

- introductory welcome meeting with full details of training programme.
- full training schedule and training diary.
- planned routes which are placed on our training blog.
- 1 weekly long run, gradually increasing in distance.
- 2-4 weekly network sessions.

Criteria for joining:

- Able to run for approximately 1 hour without stopping (this course starts at 6 miles).
- Able to run a half marathon in approximately 2hrs 15 mins or less or have recently completed a 10k in under 65 minutes.

Start Date: Saturday 4th February

Time: 9.30am

Venues: Gorbals, Scotstoun, Bellahouston, Whitehill*

*long runs will meet at each of these 4 venues throughout the 16 week course to keep the routes varied.

Long runs will meet every Saturday, the rest of the schedule is flexible throughout the week and will link in with existing network groups.

Cost: £85

Network Members: £60

Call 287 5079 for more information or to book your place.

PUSHY PARENTS

Get fit in the park and meet other parents behind the wheel of your pram. These classes are adapted to the needs of new parents and because baby comes too there are no babysitting problems!

Pushy Parents is a great way to get fit after your new arrival. Taking exercise elevates mood and it can help keep the baby blues at bay. Being outdoors is refreshing and the support of the group helps to increase confidence.

New mums can join as soon as they have had their post natal check.

BELLAHOUSTON PARK

Meets at Glasgow Club
Bellahouston Mondays 10.30am

- Course 1: 26 Mar – 30 Apr
- Course 2: 7 May – 11 Jun
- Course 3: 18 Jun – 23 Jul
- Course 4: 30 Jul – 3 Sep
- Course 5: 10 Sep – 15 Oct

KELVINGROVE PARK

Meets at Glasgow Club Kelvin Hall
Thursdays 10.30am

- Course 1: 29 Mar – 3 May
- Course 2: 10 May – 14 Jun
- Course 3: 21 Jun – 26 Jul
- Course 4: 2 Aug – 6 Sep
- Course 5: 13 Sep – 18 Oct

Cost: £25.00

Concession: £17.50

Per 6 week block.

Book directly at the venue of your choice.



APRIL FOOL'S DAY 5K FUN RUN!

Our annual 5k Fun Run is growing in numbers every year and we hope to make this one our biggest and best yet!

This fun run is open to everyone over the age of 15 years – complete beginners, regular runners, those running for a pb, for charity or just for fun!

This year the run will take place on April Fools day so fancy dress is welcome – there will be prizes for the best outfits and biggest fools!

Date: Sunday 1st April 2012

Venue: Bellahouston Park, Glasgow

Time: 10am

Cost:

Network and Glasgow Club members: £9

Non-members: £11

Includes:

- T-Shirt
- Medal for all finishers
- Goody Bag
- Prizes for 1st, 2nd and 3rd male and female finishers.
- Spot Prizes
- Free massage (on a first come, first served basis).

Call 0141 287 5079 with your credit/debit card details.

To book online please visit www.runglasgow.org/GRN



PASTA PARTY FUN RUNS

Following the huge success of last year's completely new format for our Pasta Party we are holding three great events for runners again this year in association with the award winning Italian Restaurant Group, Di Maggio's.



- **Women's 10k Pasta Party - May**
- **Great Scottish Run Pasta Party - August**

Starting at Di Maggio's Royal Exchange Square, we do a 2 mile run through Glasgow City Centre, finishing up at Di Maggio's Theatreland on West Nile Street where each runner will receive a delicious plate of pasta, soft drink and dessert. There will be massage, entertainment and prizes on the night too.



JINGLE BELL FUN RUN

Come and join in some festive fun for Glasgow Running Network's Christmas Fun Run and Party. Following the same format as the Women's 10k Pasta Party, this event will include lots of festive fun!

Dates to be confirmed. Please visit www.runglasgow.org/GRN for updated information on each event.

Cost:

Network Members - £9 - Non Members - £11

Entry to all events includes a limited edition T-shirt!

To secure your place please call our booking line on **0141 287 5079** with your credit/debit card details.

TIPS FOR BEGINNERS

It's never too late to start running! Regular running can reduce your risk of chronic illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood and keep your weight under control.

If you have any medical conditions, are recovering from injury or feel out of shape, please consult your GP before starting running.

Running requires very little equipment, but a good pair of running shoes that suit your foot type will reduce the risk of injury. There are many types of trainers on the market, so we would recommend getting advice from a specialist running retailer who will assess your foot and find the right shoe for you.



Regular workouts are key to your success and we would recommend getting out at least twice a week and you will quickly see an improvement in your running and general fitness. If you are attending one of our courses and are unable to attend a session, we recommend you try and fit in a run on your own or with friends. Your coach will be able to advise you on this.

One of the best ways to keep motivated is to set attainable goals for yourself e.g. finishing a 5k Fun Run, running 3 times per week or losing weight – be specific e.g. 7lbs over a ten week beginners course. Goals should also be realistic to avoid becoming demoralised. And don't forget to reward yourself when you achieve your goals!

If you have any questions please have a chat with our coaches who are a friendly bunch and will keep you right!

SAMPLE SCHEDULES

Below are some sample schedules of what you might expect on our Beginners Courses.

Please note these are sample schedules only. Progression may vary according to the ability of the groups. Please have a chat with our coaches if you have any questions or need any advice.

To get the most out of your training we would recommend you schedule into your week at least one additional exercise session. This can be another run, a brisk walk, cycling, swimming or exercise class.

10 WEEK BEGINNERS

(one session per week)

Week 1	5 x 2 min jog/2 min walk
Week 2	5 x 3 min jog/2 min walk
Week 3	5 x 4 min jog/2 min walk
Week 4	4 x 6 min jog/1 min walk
Week 5	3 x 7 min jog/1 min walk
Week 6	3 x 8 min jog/1 min walk
Week 7	2 x 10 min jog/1 min walk
Week 8	15-20 min jog
Week 9	20-25 min jog
Week 10	30-35 min jog

10K BEGINNERS

(two sessions per week)

Week 1	4 x 3 min jog/3 min walk
Week 2	5 x 3 min jog/2 min walk
Week 3	4 x 5 min jog/2 min walk
Week 4	4 x 7 min jog/2 min walk
Week 5	3 x 10 min jog//1 min walk
Week 6	20-25 min jog
Week 7	25-30 min jog
Week 8	4 miles
Week 9	4.5 miles
Week 10	5 miles
Week 11	5.5 miles
Week 12	6 miles



GLASGOW CLUB FACILITIES

Glasgow Club Bellahouston

31 Bellahouston Drive,
Glasgow, G52 1HH
Tel: 0141 276 0767

Glasgow Club Castlemilk

10 Dougrie Road,
Glasgow, G45 9NH
Tel: 0141 276 0725

Glasgow Club Drumoyne

337 Langlands Road,
Glasgow, G51 4AW
Tel: 0141 276 5310

Glasgow Club Easterhouse Pool

1000 Westerhouse Road,
Glasgow, G34 9JW
Tel: 0141 276 9696

Glasgow Club Gorbals

275 Ballater Street,
Glasgow, G5 0YP
Tel: 0141 276 1490

Glasgow Club Holyrood

600 Aikenhead Road,
Glasgow, G42 0PD
Tel: 0141 276 1500

Glasgow Club Kelvin Hall

1445 Argyle Street,
Glasgow, G3 8AW
Tel: 0141 276 1450

Glasgow Club Maryhill

34 Gairbraid Avenue,
Glasgow, G20 8YE
Tel: 0141 276 5300

Glasgow Club Nethercraigs

355 Corckerhill Road,
Glasgow, G52 1RR
Tel: 0141 287 3436

Glasgow Club Scotstoun

72 Danes Drive,
Glasgow, G14 9HU
Tel: 0141 276 1620

Glasgow Club Springburn

2 Kay Street,
Glasgow, G21 1JY
Tel: 0141 276 1690

Glasgow Club Whitehill Pool

240 Onslow Drive,
Glasgow G31 3QU
Tel: 0141 276 0823

OTHER VENUES

Garrowhill Community Centre

35 Maxwell Drive,
Glasgow G69 6LU

Pollokshaws Library

50/60 Shawbridge Street,
Glasgow, G43 1RW

CONTACT DETAILS

GLASGOW RUNNING NETWORK

Physical and Outdoor Activity Team
Glasgow Life – Glasgow Sport
20 Trongate, Glasgow G1 5ES
Tel: 0141 287 5079

running@glasgowlife.org.uk
www.runglasgow.org/GRN

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