Athletics Leadership Courses

LiRF: LEADERSHIP IN RUNNING FITNESS

Who should go on this course?

If you have an interest in running for fitness and you'd like to lead a group, then this is the course for you.

How many days will it take?

One day, with no assessment.

What will I learn?

The course will focus on the safe organisation of running activity and how to lead a group of inexperienced runners.

Topics covered include:

- ⭕ The barriers that stop people from taking up running.
- ⭕ What you could do as a leader to make a difference for them.
- ⭕ How to deliver a safe and fun warm up and a cool down.
- ⭕ The different types of running activity that can make running varied and enjoyable.
- ⭕ How to deliver sessions that are safe and fun.

What will I be able to do?

The course is designed to prepare you as a Leader to provide a safe and enjoyable running experience for people over 12 years of age of any level of ability, age, size and shape.

As a Leader you may set up your own group and register with the RunTogether network. Your qualification as a Leader in Running Fitness will provide you with insurance to lead a group within the limits of the course content.

Lead a running group in your area

LIRF
Leadership in Running Fitness

RunTogether

BRITISH ATHLETICS

ENGLAND ATHLETICS

for more information visit: **www.englandathletics.org/courses**