

Part time, 21/22

# Adult Community Running (CDL Partnership with B & W)

**Course information** (PDF generated at 18/01/2022 03:44:13 pm)

[www.sgscol.ac.uk/study/academic-sport/adult-community-running-cdl-partnership-with-b--w](http://www.sgscol.ac.uk/study/academic-sport/adult-community-running-cdl-partnership-with-b--w)

## Summary

SGS College offer a community adult running session with coaching on Wednesday evening's led by Bristol & West AC Coaches Chris Elson and Nick Crew. Our Coaches will deliver a structured programme designed to improve running speed and endurance.

This course is based at our dynamic and exciting WISE Campus in Stoke Gifford. Located within easy reach of the city of Bristol and moments away from Bristol Parkway and Bristol Abbey Wood train stations.

The sessions run from 6.15pm - 7.30pm and have a cost of just £2.00 per session which can be pre booked and paid by using the Runtogether runner application

<https://groups.runtogether.co.uk/SpeedwellRunners/BookClass/082a17b6-333f-411a-b1cd-c8b92ba84fc3>. There is no cost for Students of SGS College.

You can join this course at any time during the academic year. Participants are invited to fill in a weekly micro-cycle which together we can discuss your training load to help and balance activity as you progress.

Exercises to prevent and/or treat common running injuries such as achilles tendonopathy, piriformis syndrome, patella/femoral syndromes (runners knee) and ilio-tibial tract syndrome are rehearsed regularly. This knowledge will help you maintain training load and continue to support you with your running.

## Enrol online



This course offers simpler and safer online enrolment requests, which means in a matter of minutes you can submit an enrolment request to us. However please be aware that upon submitting your enrolment form you are not guaranteed to be accepted. A number of our courses require assessments, qualification checks or simply a conversation with you before we can confirm your enrolment.

Within 24 hours of enrolment submission you will receive an automated email notification with information on what happens next. Please add [onlineservices@sgscol.ac.uk](mailto:onlineservices@sgscol.ac.uk) to your safe sender list. Most email providers allow you to do this withing settings/options. For full instructions simply use your chosen search engine to find instructions on how to make emails as safe.

## Entry Requirements

The sessions are open to all adults over 15 years and are structured for mixed abilities, but who have a background of aerobic fitness. Runners looking to develop and improve running fitness and receive some coaching to support with their running goals and training plans. Visually impaired runners and their guides as the running track provides a virtually risk free environment.

## Additional Information

### DEPARTMENT CONTACT

For more information about this course please email [sport@sgscol.ac.uk](mailto:sport@sgscol.ac.uk).

### COURSE FEES

Please be aware that some courses have fees that are payable on enrolment. More information on if this course has a fee can be found in the Availability section below.

If you require financial support including payment plans, bursaries and advanced learner loans please visit the [Money Management Service](#) section of the website.

For more information on fees please view our [Fees, Charges and Refunds Policy](#) and our [Applications, Admissions and Enrolment Policy and Procedures](#).

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