

MOJO Running and Fitness Beginner Courses



Who Is It For?
What Does It Cost?
How long is the course?
When and where?

Anyone new to running, or returning to running
£60
10 weeks
Dates and location to be confirmed

How Do I Register
My interest: --

E-mail: joannekingston@btinternet.com or call/text Jo: 07966 560362, and we'll be in touch with the next course start dates and times.

Course Details -- If you are new to running, looking to come back to running, or would like to try running but struggle with motivation or self-confidence then the Mojo Running and Fitness Beginners Course is the ideal way to start.

Meeting over 10 weeks, this gentle and progressive course aims to take you from 30 seconds of running to 5 kilometres.

A Different Approach – Unlike many courses out there, we cover the 5k distance from week one. Don't panic, this does not mean that we make you run more. The majority of the distance is walked in the early weeks. As your running time gradually progresses over the weeks, you will begin to run more of the distance. This also means that instead of the time of each session taking longer, it actually takes less time.

What are the Benefits? -- The crucial thing about this is that you get the time on your feet, allowing you to build up strength in your muscles and joints. The walking time also gives you the chance to talk through your session with the coaches and for us to answer any questions you may have. It allows good recovery time from the running and a chance for you to get to know one another.

Our courses are social, fun and friendly and offer support, tips and advice throughout. We allocate one coach for every five runners, and we limit the number of beginners per course to ensure that everyone has the help that they need. No one is left behind and the coach(es) are here so that each individual works within their ability. With the right support, encouragement, and motivation you will be amazed at what you can achieve.

Many of our previous beginners have gone on to run distances from 5k to marathons, but more importantly they have formed new friendships and discovered the enjoyment of running. We hope you'll find the next course just as enjoyable.

Course Dates

To be confirmed



Will There Be Homework? -- Yes - to help you to progress and to get the best from this course, we do encourage you to try to do one or two 'homework' runs a week. Each week you will receive an e-mail after your run to let you know what you achieved on your session and to set your homework. Often our beginners try to meet up and do their homework runs together. Please ensure you do not try to do your homework runs on consecutive days. You will need at least one rest day to fully recover before going out again.

What If I Can't Make A Session? -- If you can't make a session then please let us know. We will be setting your homework each week and you can contact us for support at any time. If you are unwell then the most important thing for you to do is rest. Don't worry, as long as you are able to complete most of the sessions and you do your homework you will be absolutely fine.

Do I need Special Clothes or Running Shoes?

- There's no need to buy anything special until you're sure you want to run
- Wear a pair of trainers, a comfortable t-shirt, shorts/leggings and a good fitting bra
- Bring an extra layer of clothing to wear before and after your session so you stay warm
- When you do decide to invest, trainers and a good fitting sports bra that doesn't ride up are the most important part of your kit
- Running in the evening. A hi-viz vest or something bright and reflective and a torch. We can supply this for you during the course but would recommend you buy both items to enable you to do your homework runs

Health -- Once you get in touch, we'll send you a medical form to fill out. Whilst running is encouraged for fitness, health and mental wellbeing, if you have a medical condition and you're unsure about running, please check with your GP first.

If you have asthma or use an epi pen, please let the coaches know and ensure that you carry these with you on your run. If you have nothing to carry them in, then the coach will carry them for you.

Please don't run if you have a chesty cough or a cold.

Food -- You should try to eat a light meal at least an hour before running – a slice of toast with honey or a bowl of porridge tend to be popular choices in the morning; scrambled eggs with toast in the evenings. Anything too heavy will not be digested in time. If you have food intolerances you may need to try a few things before you find what works for you and we will be happy to work with you on this. Try to avoid too much tea or coffee and drink plenty of water.

What do I do once the course is over? -- We hope that you will want to continue to run with us and if you do, there are many runs that you can join. Our runs have two coaches, and our groups are very friendly and welcoming. The cost is £5.00 per run. There is no joining or membership fee and no minimum amount of runs that you are required to do. You just come along and pay for the runs that you do.

Still Have Questions? – If you have more questions, no matter how small, please just get in touch or speak to one of the coaches on the run. We all understand how scary it can be to try something new. We were all beginners once and we want this to be an enjoyable and positive experience for you. E-mail: joannekingston@btinternet.com Tel: 07966 560362



Testimonials

Whether I'm having a great run, feeling positive and fit or if I'm struggling at the back of the group dreaming of warm baths and hot tea you always know what to say. Your words are pitched perfectly to inspire confidence and build knowledge. I can't imagine running with anyone else. Andrea

Running with Mojo is a fantastic way to keep fit, enjoy the fresh air and the beautiful Sevenoaks area all with a lovely bunch of people. Everyone is very friendly and welcoming, and all the coaches are very supportive and caring. They always cater for all levels of ability, no one is ever left behind or at the back on their own. Mel

Even though I'm far from the quickest in the Group. Running really does reduce your stress levels, leaves you feeling positive and ready to tackle anything as well as improving fitness and general health and wellbeing. Most importantly I've met some amazing people, made lots of friends and had the pleasure of being coached by highly professional and caring people. Kate

Mojo groups are friendly and encouraging and like most things in life, running is more fun done in company. Mojo seamlessly accommodates all levels of runner, so nobody is ever left out, behind or bored and the sessions are varied with just the right balance of 'achievable challenge'. The coaches believe in you when you don't believe in yourself and help you achieve your personal goals. I wouldn't be the runner I am without them. Lizzy

I took up running in my 60's, in the modest hope that it would help me stay active for a few more years. Little did I know that Mojo would open up a whole new world of fun and friendship with the most amazingly supportive people. Whatever the weather, I always look forward to my Mojo group runs and know that I will come back feeling positive and uplifted. Julie

Mojo groups are just amazing! It doesn't matter how slowly you run they so appreciate the effort you put in and you feel that every coach is there especially for you on every run. I can honestly say that I have NEVER been left behind or on my own in any of the group runs and I am just so thankful that I met these lovely ladies. They have certainly improved my life. Alice

Jo and all the Mojo coaches are brilliant. They do everything they can to make sure women of all ages and abilities enjoy running. Their gentle encouragement means everyone achieves something even on those days when the "going is tough". The wide variety of runs means that there is a suitable level and pace for everyone. Sam



IT TOOK HER AWHILE TO FIGURE OUT
SHE COULD RUN, BUT WHEN SHE DID
*she changed her
life!*

