General information

Would you like to get introduced to running? Or do you want to train for the half marathon? Following the successful running course of E.S.A.V. Asterix, this year the SSC organizes together with Asterix two running courses: ‘basic’ and ‘basic+’. A professional trainer (Ton van Hoesel) will teach you all the skills of long distance running. The lessons consist mainly out of improving technique and building stamina. After completing the basic and/or basic + course you can join the Asterix practices.

Location: Athletics Track Hondsheuvels, J.C. Dirkxpad 7, ca. 300 meters from the SSC.

Start date: 4 times per year: 6-9-2017, 15-11-2017, 7-2-2018 and 25-4-2018

Duration: once per week 75 minutes for 8-10 weeks.

Schedule: Wednesday evening between: 19:00-21:30. (depending on the interest basic and basic + are training together or separately)

Clothes: sports clothes and running shoes.

Level:
- Basic: no specific conditions.
- Basic+: able to run at least 30 consecutive minutes.

Goal: improving your running technique and increasing your stamina.

Costs: €10,-

Enrolment procedure: You can register by going to our website, log in and go to ‘course registration’. The registration is open two weeks before the starting date on Mondays around 12h00.