



# ROOKIE RUNNING TRAINING PROGRAM

A FIT COORDINATED TRAINING PROGRAM

## What is the Rookie Running Training Program?

Rookie Running is a running program for women, developed and coached by Females in Training (FIT). The program commences on Tuesday 5 February for a 10-week period, with the aim of participating in the Australian Running Festival's 5k run on Saturday 13 April.

The training program will be delivered via Basecamp (please note that access is provided to the Basecamp app on registration for the program).

## What equipment do I need?

Running shoes, comfortable clothing, cap, water bottle (preferably on a belt) and sunscreen, and a dose of enthusiasm.

## Who should register?

The program is open to women over 18 who are new to running or want to get back to running after time out. It's an ideal way to start building your fitness with a group of women who share the same goal.

Participants should be able to:

- Be able to attend the majority of training sessions throughout the 10-week period
- Register for, and participate in, the [Australian Running Festival](#) Rookie Running being held on 13 April, 2019

## What is the commitment?

There are three runs each week:

- 6:30am Tuesday coached run at Lennox Gardens
- 6:30am Thursday uncoached run with FIT members
- 7:30am Saturday uncoached run followed by breakfast

## What is the cost?

The program costs is \$50, and you must be a member of FIT to register ([membership info](#)).

**Still not sure it's for you?** Read what Therese had to say about the 2018 program:

*"I joined rookie running in February this year. I hadn't run much before so I wasn't excited about joining, but knew I needed more exercise. To my surprise, I really enjoyed it. The coaches are very warm and encouraging, and the whole group was accepting of the vast range of abilities represented. The coaches are one of the most nurturing group of women I've ever met, and they really know their stuff. They were pro-active about learning what difficulties, injuries or niggles we rookies were experiencing, and had lots of good suggestions about how to overcome them. I highly recommend doing this course!"*

- Registrations are open NOW and close on Tuesday 15 January, 2019
- Registrations can be accessed [here](#)
- Got a question not covered here? Contact us at [enquiries@fitact.org.au](mailto:enquiries@fitact.org.au)