



### ***Congratulations on your new challenge!***

Your decision to participate in the Serotonin Running Beginner Runner program may be based on any number of reasons.

- To have fun
- To challenge yourself
- To improve their health
- To become fit
- To join a social group
- Achieve a running goal
- To have a structured program to keep them motivated
- To combat depression

Whatever your reason, I'm glad you've joined us!

Running offers so many benefits, both physically and mentally.

- Improved cardio-vascular fitness
- Improved muscle and joint strength
- Weight loss
- Disease prevention, eg. diabetes
- Prevention of osteoporosis
- Stress reduction
- Social interaction

Running can also have its risks – injuries can occur, such as muscle sprains and connective tissue injuries. You may still be on the start of your running journey, having recently completed a beginner program, so you can still be partially susceptible to injuries as your muscles and connective tissues are doing work that they are not used to! That is why it is very important to start off slowly, in both speed and intensity. Equally important is the strength and stretching component of this program.

Our beginner's program is aimed at gently introducing you to running, in a fun and supportive environment. The program is based on a run-walk methodology, and incorporates strength and conditioning into the weekly program. It runs for ten weeks, with the final goal having you running for 30 minutes without walking.

### **HOW IS THE PROGRAM DELIVERED?**

- Serotonin Running provides a 10 week program, delivered in weekly instalments via Final Surge coaching app. The program includes details on your running sessions, as well as stretch and strengthening exercises to be completed.
- The program comprises of three running and one strength session per week.
- The program package can be paid in full prior to commencing, or in fortnightly payments
- You will participate in one track or trail session which are conducted each week – These session times are fluid at the moment, due to covid-19 restrictions. Details of session times are on our facebook page. These sessions are where you will be

guided through your set program, with advice given to you by your coach, on running technique, breathing, correct exercise technique, injury prevention, and post-run recovery. You will also be part of a strong, supportive and motivating group of women who love to run!

### PROGRAM PAMENT DETAILS

PROGRAM AND GROUP TRAINING SESSIONS	<ul style="list-style-type: none"> <li>• 5 X fortnightly program, via Final Surge</li> <li>• Pre-exercise assessment and discussion with your coach, via email and phone</li> <li>• Access to <b>one group training</b> session per week</li> </ul>	<ul style="list-style-type: none"> <li>• \$50/fortnight</li> <li>• OR \$250 total payment</li> <li>• Additional group training sessions are \$10 each</li> </ul>
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Your program will commence on Monday 20<sup>th</sup> July 2020

All you need to do is complete and return a pre-exercise questionnaire, pay for your program or fortnightly instalment and you are ready to run!

Attached is the pre-exercise questionnaire with payment details below.

#### BANK DEPOSIT DETAILS

Account name: Serotonin Running Pty Ltd

BSB: 812-170

Account number: 100744778

Please use your name as a reference.

I am so excited to begin this running journey with you!

Kind regards

Lyndal Maloney



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Level 1 Community Athletics Coach – Athletics Australia



Level 2 Advanced Recreational Running Coach – Athletics Australia

International Association of Athletics Federations Kids Athletics Coach – Athletics Australia

BOSTES Accredited teacher



**PRE-ACTIVITY QUESTIONNAIRE**

In preparation for physical activity, please tell us about all of your existing medical and physical conditions, and who to contact in an emergency. For any conditions that may be affected by exercise, you may be asked to consult your doctor and obtain a written medical clearance to exercise. The information contained in this questionnaire will be treated as confidential.

**Please note that it is your responsibility to inform us of any changes in your medical or physical condition during your program with us.**

Name: .....

Telephone: ..... Date of birth: .....

Email: .....

Emergency contact name: .....

Telephone: .....

DO YOU HAVE, OR HAVE YOU HAD, ANY OF THE FOLLOWING CONDITIONS? (PLEASE CIRCLE YES OR NO)

Arthritis	Y	N	Heart problems/disease	Y	N
Asthma	Y	N	High Cholesterol	Y	N
Diabetes	Y	N	Stroke	Y	N
Epilepsy	Y	N	High or low blood pressure	Y	N

(Please circle high or low)

Osteoporosis Y N Any other conditions? Please describe below

Dizziness Y N

Chest pain Y N

DO YOU HAVE, OR HAVE YOU HAD, ANY JOINT PROBLEMS, PAINS OR INJURIES IN ANY OF THE FOLLOWING REGIONS?

Ankles/feet	Y	N	Shoulders/neck	Y	N
Knees	Y	N	Muscular pain	Y	N
Hips/pelvis	Y	N	Other? Please describe below		
Lower back	Y	N			

ARE YOU CURRENTLY TAKING ANY MEDICATION/S?

Y N Please describe

ARE YOU, OR HAVE YOU RECENTLY BEEN PREGNANT?

Y    N    Please give details

ARE YOU CURRENTLY EXERCISING?

Y    What type?

How hard? Please tick

Easy/light

Moderate

Intense/hard

How many times per week?

N    Have you in the past?

Yes

No

If yes, what type?

WHAT ARE YOUR MAIN GOALS FOR PARTICIPATING IN THIS TRAINING PROGRAM? Eg to feel better, to complete a race in a goal time, to improve endurance, to lose weight, to have fun and run with friends, etc

I, ..... (full name), undertake to complete a new pre-activity questionnaire in the event of any change in my medical status during this exercise program.

Signed: .....

Date: .....

Coach name: .....

Date: .....

Signed: .....

PLEASE COMPLETE AND EMAIL TO [lyndal@serotoninrunning.com.au](mailto:lyndal@serotoninrunning.com.au)