



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

Welcome to the Serotonin Running Sydney Harbour 10 km Training Program.

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.

This program is aimed at all levels of runners, but you must be able to run for 30 minutes before commencing the program. It runs for 10 weeks, with the goal run being the Sydney Marathon Harbour 10k race on the Sunday 28th of July, 2019.

<https://www.sydneyharbour10k.com.au/>

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

- Serotonin Running provides 5 x fortnightly written programs, delivered via Final Surge coaching app. Each fortnightly program includes details on your running sessions, as well as stretch and strengthening exercises to be completed. The last week of the program is a complimentary 'recovery week' program.
- The program package can be paid in full prior to commencing, or in fortnightly payments
- Your package includes attendance at one track or trail session.
- The track or trail sessions are conducted each week at Tom Hunter Park, Faulconbridge. Session times are – Tuesday 6.00 am, 9.30 am and 6.45 pm, and Thursday 6.00 am and 9.30 am. This is where you can 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 x 5</li><li>• OR \$250 total payment</li><li>• Additional group training sessions are \$10 each</li></ul>
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All you need to do is complete and return a pre-exercise questionnaire, pay for your program, 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 be joining you on this running journey!

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)