

# Try a training day

The Running Free Training Day with The Running Inn is the perfect way to prepare for your next big race, fine-tune your running and be the best runner you can...

## Running Free

A training day for runners

With The Running Inn, [www.therunninginn.com](http://www.therunninginn.com)

■ The *Running Free Training Day* is all about running without stress, running body aware, and training holistically.

■ Fiona Bugler, also the editor of *Running Free Magazine*, is joined by a team of experts: the magazine's personal trainer, Mike Ovens; columnist, reporter and ex-international athlete, Julia Armstrong; sports nutritionist and columnist, Lucy-Ann Prideaux; and Laura Denham-Jones from *Yoga For Runners*. This comprehensive one-day course will help you fine-tune your running and we welcome runners of all abilities, shapes and sizes!

### Three courses: Marathon, 10k and half marathon focus

■ The first course on Tuesday April 12th is ideal for runners of all abilities, including those who may be running London later in the week, or for those thinking of moving up to the marathon.

■ The next course is on Saturday June 25th, and is perfect for anyone taking part in the *London 10k* on July 10th or another summer 10k.

■ Our third course on Saturday September 15th is ideal if you're targeting a half like the *Royal Parks Half Marathon* to be held on October 9th.

## A training day for runners

■ With The Running Inn, [www.therunninginn.com](http://www.therunninginn.com)

■ Tuesday 12th April 2011

■ 9am to 5pm

■ £200 per person

■ To book please call evolve at 020 7581 4090 or to book online visit [www.evolvewellnesscentre.com](http://www.evolvewellnesscentre.com)

### AGENDA

■ 9am Introduction and welcome by Fiona and Mike (and handouts)

■ 9:30am Aerobic fitness testing (VO2 max) and circuits for running in nearby Hyde Park

■ 11:30am Putting together a schedule

■ BREAK

■ 1pm Lucy Ann on nutrition for runners and fuel for racing

■ 2pm Julia talks 'meditation on the move' and the power of the mind

■ 3:30pm Yoga for runners workshop with Laura Denham-Jones

■ 5pm Close - Don't forget to book a post-course, pre-London treatment

Find out more at [www.therunninginn.com](http://www.therunninginn.com)

RUNNERS



Choose a race and we'll help you reach your dream goals



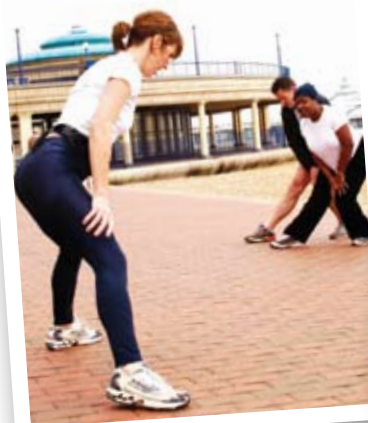
**WIN** VISIT THE RUNNING FREE STAND 559 AT THE VIRGIN LONDON MARATHON EXPO FROM WEDNESDAY 12TH APRIL TO SATURDAY 16TH APRIL AND ENTER OUR COMPETITION FOR A FREE PLACE ON EITHER OUR JUNE OR SEPTEMBER COURSE

### WE'VE GOT TWO PLACES ON OUR FORTHCOMING COURSES UP FOR GRABS

The first place is on our pre-London 10k course to be held on June 25th, where we will focus on getting you fast for the distance; including specific interval training, resistance to get you strong for summer, and all the other course components.

The next place is for our September 15th course, which will be all about training for, racing, and pacing the half marathon. Enter at the *Virgin London Marathon Expo* Stand and come and say hello to Fiona and Mike.

Now... Turn to page 56 to find out more about the venue and the coaches!



## Try a **training day**

The Running Inn has been putting together courses for runners since 2005. Featured in the national press and on TV, the team have coached hundreds of runners to success and dream goals

### Where our courses are going to be held

- **evolve** wellness centre in London's South Kensington.
- **evolve** has quite literally evolved out of an idea – an opportunity and a passion for healthy living.
- Set up by ex-San Francisco ballerina and choreographer Corinne Blum and entrepreneur Adrian Kowal, **evolve** provides the very latest in yoga and Pilates classes, holistic treatments, innovative workshops and a variety of courses on the body, mind and spirit.
- Blending sustainable living, green initiatives, and the community, **evolve** has become a unique hub for conscious lifestyles. Bike racks for the low carbon commuter, art installations supporting local creatives, and seasonal produce from the founder's allotment encompass the spirit of **evolve**.
- Situated in Kendrick Mews, a quiet cobbled street just off the Old Brompton Road, the location provides a haven away from the hustle and bustle of central London. **evolve** wellness centre is located at 10 Kendrick Mews, London, SW7 3HG. Open seven days a week.
- Please visit [www.evolvewellnesscentre.com](http://www.evolvewellnesscentre.com) for more information.



## Meet the Running Inn team



■ **Fiona Bugler** has worked as a journalist writing about fitness and health for 20 years. She joined the fitness industry in 1998 and is now a Level 3 Advanced Instructor/Personal Trainer with numerous fitness qualifications including: *Premier* personal training diploma; *Body*

*Balance*; and *YMCA Exercise to Music*, ante and post-natal, aqua and circuits qualifications. Fiona has run 10 marathons (her 11th is coming up in Brighton 2011), and has a personal best of 3:12 (London 2010).

■ Fiona and Mike set up and run *The Running Inn Eastbourne Running Club*, as well as offering training courses and personal training, and both are members of *Hailsham Harriers Running Club* in East Sussex.



### ■ **Mike Ovens**

served in the Royal Navy for 25 years where he rose through the ranks to commissioned officer. His final post was as a Fleet Controller at the Permanent Joint Headquarters, Northwood. Prior to that he'd worked as a senior warfare officer and saw active service in both the Falklands and Gulf War. As a former Royal Navy/Combined Services 800m/400m competitor (with a 400m time of 47:52) he's used his experience to coach athletes from novice to advanced levels. Mike is a Level 3 Advanced Instructor/Personal Trainer and running coach.

■ **And the rest of the team...** **Julia Armstrong**, [www.juliaarmstrong.com](http://www.juliaarmstrong.com) is an ex-international athlete. She writes RF's column on page 44. Sports nutritionist, **Lucy Ann Prideaux**, runs [www.simply-nutrition.co.uk](http://www.simply-nutrition.co.uk) and compiles our monthly nutrition Q&A, see page 30. **Laura Denham-Jones**, [www.yogaforrunners.co.uk](http://www.yogaforrunners.co.uk) compiled a *Yoga For Runners* feature for us on page 18.

