

Benson Striders - Run leader / coaching pathway



Interested in being more involved in the organisation / leading of Saturday morning runs or mid week sessions?

Yes - that's brilliant thank you. Please talk to the Benson Striders Head Coach or the Club Chair / Vice Chair about what it is you would like to do.

Options can include but are not limited to:

- Leading the warm up
- Organising periodic club runs in the local area outside of Benson
- Becoming a club run leader
- Becoming a UK Athletics Leader in Running Fitness
- Assisting the head coach with the mid week session(s)
- Becoming a qualified UK Athletics Coach in Running Fitness

Pathway

