



SSC  
Eindhoven

# Running Course

E.S.A.V. Asterix organizes together with the SSC two running courses: 'basic' and 'basic+'.

**Basic:** The basic course is designed for people who are starting to run and want to build up to 5 km.

**Basic+:** The basic+ course is for advanced people who want to advance to the 10 km or half marathon. A professional trainer (Ton van Hoesel) will teach you all the skills of long distance running. The lessons consist mainly out of improving technique and building stamina. Both courses do start together the in exercises and gait training. Then the groups get a separate running program and the instructor guides you with programs and technique instructions.

**Price:** € 15,-

**Time & Location:** Look in the sportschedule on SSC website

