

**AWARD-WINNING
SPORTS CLUB**



**WALTON-ON-THAMES,
SURREY**

RIVERSIDE REBELS

We are a fun and friendly running group, catered to help **beginners** find their feet, as well as help those more **experienced** keep going the distance with **5 - 10k maintenance sessions**.

Sessions are designed for people of all shapes and sizes, who want to laugh, learn and run together in a relaxed, nurturing environment.



OUR 10 WEEK PROGRAMME

Perfect for complete beginners, or those who might have tried running before but struggled alone and stopped, these are manageable, enjoyable sessions you can take at your own pace.

Each 'sofa to superstar' 10 week programme includes:

- A **weekly training plan**
- Advice for **beginners**
- Suggested run **workouts**
- A **FREE T-SHIRT!**



REBEL WITH US!

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