

Centurion Boxing Day Run

26th December, start time 11.00am

37th year of **Target Zero** - a race, fun run, jog or walk.

Open to all - £1.00 entry fee, which will be donated to the Children's Hospice.

The event is over one mile on the North Solihull Sport Centre running track. All participants estimate the time they think it will take to cover the one mile and the winner is the person nearest to their predicted time.

Over the 37 years, 31 winners have finished at their predicted time. The youngest was a 3 year old girl and the oldest was an 85 year old man.

The Centre will not be open - report to the track 10.30 a.m.

Talks and Discussions

Open to all Centurion members and friends.

These will take place on Thursday evenings, 8.30 to 9.30 p.m.

Food, hot and cold drinks will be available, free for all.

- January 5th** **How to prevent injuries & how to treat them when they occur**
This will cover equipment, training surfaces, training sessions, rest and correct stretching, warm up and cool down.
- February 2nd** **Latest information on correct food intake**
This will cover intake before, during & after training sessions & all races.
- March 1st** **How to improve your running & races**
This will cover all methods of training what is best for you and how to enjoy it.

Looking for that Special Christmas Present

All of the following vouchers cover all of 2012 and can be obtained by contacting John Walker at North Solihull Sport Centre or on **0783 159 2327**.

10% of all vouchers purchase will be donated to the Children's Hospice on behalf of Centurion R.C.

Calf Massage £10

Full Leg Massage £12

Back Massage £15

Full Body Massage £20

1 Injury Treatment £10 - (2 for £18) - (3 for £25) - (5 for £40)

Fitness Test covering V02 Max - Body Fat - Max H.R. - Flexibility - Strength - Hydration - Bmi - Fitness Level

£15, £20 or £25 depending on depth of information required.

Free Consultation on Any Injury

Please see John Walker at North Solihull Sport Centre or on **0783 159 2327**.

Free Track Session for Centurion Runners

Monday & Friday nights, 6pm to 7pm, North Solihull Sport Centre

Anyone wishing to improve their running and not already being coached can get free information at the above times or on Tuesday night inside the Sports Centre between 6pm to 8pm.

Please see John Walker at North Solihull Sport Centre or on **0783 159 2327**.

During the Next Few Issues of the Club Magazine, Information on Training Will Be Covered

Over the years many coaches and physiologists have stated the time or distance for maximum workouts to obtain best return for effort.

The latest information is for a session of a number of 3 minute efforts with a controlled rest period. This should be done at least once a week.