

INVITATION

Get in shape with Gladsaxe Erhvervsby!



– Invitation to kick-off with pep talk, test and training!

Do you like to run and would you like to be good at it? Do you have a runners club at your workplace and would you like more people to join? Then, now is the time to join the runners club in Erhvervsbyen.

We are fortunate to have two elite coaches in Erhvervsbyen, who will help us become good runners. Training is for everyone, no matter your fitness level!

Kick-off is Thursday 8 November at NCC, where Erling Worm and his wife Sylvia Kiberenge will tell us about the concept and the course. Afterwards we go on our first run in the area.

The course features:

- Test of your starting point to follow up on your development
- 2 workshops with functional strength training, interval training, speed training, hill training and technical drills
- 5 k test run in Erhvervsbyen on the Erhvervsbyruten
- Coordination of group training and performance test
- The Erhvervsby Run

Do you have any questions or want to join the team? Then do not hesitate, contact Erling, ewo@ncc.dk, 24 88 74 96.

For many years, Erling Worm has been coaching the elite i.e. the best long-distance runners in Denmark. He has won many Danish championships and has achieved good international results. Sylvia Kiberenge is a professional marathon runner. Last year Silvia ran the Frankfurt marathon at 2.29.09, which is 1 minute faster than the Danish record.

Kick-off:

Thursday 8th. November
at 16.00

Place

NCC, Auditorium
Tobaksvejen 2A, Søborg,

Contact:

ewo@ncc.dk
Erling Worm, NCC,
mobile 24 88 74 96
no later than 6th. November

Fee:

Free