

Leadership in Running Fitness Qualification

The **Leadership in Running Fitness (LiRF)** course will focus on the safe organisation of achievable and progressive running activity and how to lead a group of runners of varying ability.

It focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to a running club.

On completion of the course, you will be qualified and insured to take a group of runners on a group run. You will also be eligible to complete the Coach in Running Fitness course where you will learn to make long term plans and progress for runners.

Course Details

Blended course: Part Online, part Face-to-face: This course consists of a series of Online Learning Modules and a half-day practical (3hrs).

Online course with remote assessment: This course consists of a series of Online Learning Modules, a requirement to film yourself leading within your natural club environment, and a 90 minute virtual classroom.

Cost: Affiliated: £125 Non-Affiliated: £155

Requirements: Minimum age for attendance is 18. Purchase and complete the [online Safeguarding Module](#). For the remote assessment, you will require access to a qualified leader to supervise the session and a group of approximately 5 runners to demonstrate your understanding. For upcoming course dates please click [here](#).