



HALF MARATHON TRAINING PROGRAMME



DESIGNATED TRAINING PLANS



YOGA CLASSES



WEEKLY RUNNING PRACTICES



ONLINE WORKSHOPS



ENROLL NOW

Up to **50** participants **FREE** of charge

TIMELINE

ONLINE WORKSHOP ON MARATHON EXPERIENCE

WEEKLY RUNNING PRACTICE

JAN 15 22 28 29 **FEB** 5 11 12 18 19 26 **MAR** 4 5 12 18 19 26 **APR** 2

ONLINE WORKSHOP ON TRAINING PLAN

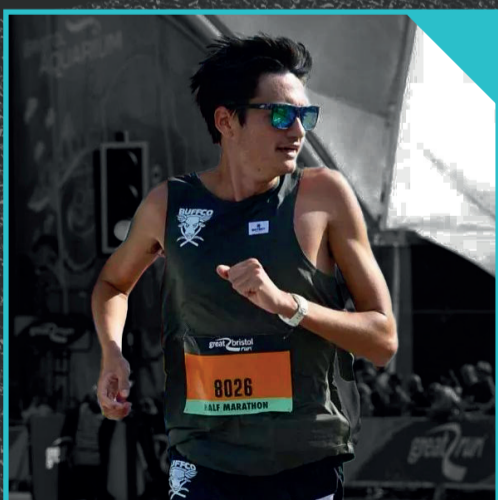
ONLINE WORKSHOP ON RUNNING IN THE UK

YOGA FOR RUNNERS*

*Participants are entitled to join at least one of the three yoga classes due to venue limits.

READING HALF MARATHON

INSTRUCTORS



HARRY LOASBY

Reading 21 Head Coach



ERIC WONG KAI LOK

Hong Kong Marathon 2021 Champion



JACKY LEUNG

First sub-50 runner on the Hong Kong Four Trails Ultra Challenge



MICHAEL NG

Yoga Instructor