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Start your day with a spring in your step at free morning running sessions which take place through to July.

The hour-long track based sessions are perfect for people who want to stretch their legs in the morning while getting coaching tips at the same time.

The runs are at the Embankment Athletics Track, in Bishop's Road, Peterborough, every Wednesday from 7.30am to 8.30am until 5 July 2017.

Everyone is welcome to attend and all abilities are catered for.

The simple benefits of running in the morning include that you will feel energised and ready for the rest of your day.

There is also a lunchtime session from 12 noon to 1pm on the same day. All sessions are overseen by a fully qualified England Athletics Endurance Coach.

There is no need to book in advance, just simply turn up with your trainers and running clothes. Changing facilities and showers are available at the athletics track and for further information you can email info@run4fun.co.uk.

The sessions are part of the [Healthy Peterborough campaign \(http://www.healthypeterborough.org.uk/may-june-2017\)](http://www.healthypeterborough.org.uk/may-june-2017).

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