



COACH NAME

Lindsay Graham

TYPE OF ACTIVITY

Running

LOCATION

Carlisle

COACHING DETAILS

Run leader with the DH Runners

"Make sure people feel comfortable in your presence, make all your sessions fun and make people feel connected. Be prepared, Coaching is much more than just the hour session a week".

#PassOnYourPassion

How long have you been coaching?

I am a run leader with the DH Runners who are an inclusive running group based in Denton Holme, Carlisle. I have been a run leader for two and a half years. I lead our beginner session which is every Thursday evening. We cover 5k and have regroup and run backs every third of a mile so everyone feels let of the group and no one he's left behind. Alongside the Thursday group, we developed a 'You Can Run' course which we run three times a year. This is a six week course for people who have never ran before and the aim is support people to feel



DH Runners

Be part of it!

comfortable accessing outdoor physical activity in a group. On the sixth session, the 'You Can' Runners join the main Thursday group.

How did you get into coaching?



DH runners

Growing up I was always over weight and was the typical example of a child chosen last for team's in PE. I had always enjoyed sport but when my lack of fitness became apparent around the age of starting high school, I gave up. There wasn't the information available or the drive for fitness there is in the media and across education like there is now and my weight piled on. Years later, a married mother of two, I became increasingly aware I was the largest parent in the playground. My husband, who was also very overweight, also became aware and we decided to do

something about it. I joined the local slimming world group in January 2011 and my husband started running. I used to cheer him on at running events and the more I saw people of all shapes and sizes competing the more I wanted to learn to run. I started the couch to 5k program in August 2012 but gave up after one session. I carried on supporting my husband but deep down, I really wanted to take part in the races too. So in October 2012, three times lighter and when the dark nights came earlier, I started couch to 5k again and this time I didn't give up. While completing the program, my husband's running was improving and he started to run with a group of friends. They called themselves DH Runners as a joke because we all lived in Denton Holme but the name stuck and more people wanted to run with them in a no pressure group. Moving on a couple of years, DH Runners had increased in size and they had a weekly Tuesday night session and through Active Cumbria, the opportunity came up to train more run Leaders. I volunteered with the aim to start a DH Runners beginners group. I felt, and do



Instructing a run

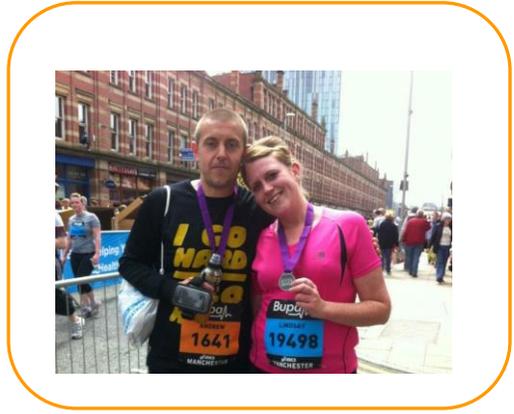
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still feel, incredibly passionate that if I can learn to run then anyone can. Two other run leaders on the same course as me were keen to help and we have worked together ever since to keep the Thursday group inclusive, fun and motivating.

What do you enjoy most about coaching?

I enjoy seeing people set themselves goals which seem down they believe they can't achieve then low and behold, with support from the group, those goals are smashed! I love seeing the friendships that have developed within the group, the fathers who then bring their daughters and the mums who bring their sons along for some support. I love that everyone is welcome and everyone is really encouraging. I love the diverse range of people who attend the group from people with disabilities, mental health issues and from BME communities. It doesn't matter who you are, where you are from, you get the same warm welcome as everyone else and that feeling is amazing.

I also enjoy volunteering at local events organised by other sports clubs. Through this, we have built some really good relationships with other running clubs which is great for raising the profile of running. We had visits from Eden Runners run leaders when they were starting a beginners group and we also like to learn from other clubs.



Great North Run



Run Leaders Course

The impact running has had on my family has been massive. Our lifestyle is much healthier; they have made new friends, learnt the importance of community spirit and have increased self-esteem and self-confidence.

Do you have any tips that would help the next generation of female coaches?

My tip for future female coaches would be to have good listening skills, make sure people feel comfortable in your presence, make all your sessions fun and make people feel connected. Be prepared, Coaching is much more than just the hour session a week.

Be part of it!