

Standard Chartered Marathon - Training Programme



Class	Target participant	Date	Time
A	Active exerciser to beginning runner	17 Nov 2009 – 23 Feb 2010 (every Tue, except 16 Feb)	7 – 8 p.m.
B	Moderate runner who took part in Marathon before		8:15 – 9:30 p.m.
C	Committed runner who aims at running a personal best in 10km	18 Nov 2009 – 24 Feb 2010 (every Wed, except 17 Feb)	7 – 8 p.m.
D	Committed runner, both moderate to advanced distance runner		8:15 – 9:30 p.m.

Class size: min. 20 persons (max 40 persons)
 (The class will only be formed when the minimum number is reached)

Venue: Aberdeen Sports Ground
 (Close to Ocean Park and just 5 minutes walk from the second bus stop after Aberdeen Tunnel;
 limited public car park space)

Fee: HK\$920 / 14 sessions

Instructor: Mr. Freeman Lee
 Certified International Association of Athletics Federation Track & Field Coach and American College of Sports Medicine Health & Fitness Instructor; graduated from Chinese University of Hong Kong with a Master of Science degree in Sports Medicine and Health Science

Programme details

Systematic program includes the state-of-the art scientific training theories, proper techniques drills, performance evaluation, time trial and race preparation.

Programme Contents

This 14-week progressive training teaches you the proper and effective techniques for distance running aims at improving your running performance and preparing you for races.

- Proper training program, exercises for warm up, main sets, cool down
- Techniques demonstration and drills practice
- Core conditioning training
- Flexibility training
- Progressive exercise prescription and monitoring
- Regular time trial

Registration

To register, please complete the enclosed enrolment form and return it with full payment to the Institute by 9 November 2009.

For enquiries, please contact:

- 2287 7058 (Peggy Kwan) for event information;
- 2287 7379 (David Lok) for payment & enrolment status.



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Enrolment Form

(Please reply on or before **9 November 2009**)

FOR OFFICE USE	
Seq. no.:	-----
Handled by:	-----

Please allow 4 days to process your application. To avoid delaying the process, please DO NOT make any enquiries about your enrolment status. You can check it at "My CPA" at <http://www.hkicpa.org.hk>.

Name: (Mr./Mrs./Ms.) _____

Membership no.: _____ Email: _____

Telephone no.: _____ Mobile no.: _____ Fax no.: _____

Additional Participant(s)*:

Name	HKICPA Membership No. (if applicable)	Email
1. _____	_____	_____
2. _____	_____	_____

* Priority will be given to members.

Please ✓ as appropriate

Class: <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D			
Fee: HK\$920 x _____ person (s) = HKD _____			
Payment by: <input type="checkbox"/> Cheque no.: _____ (Bank: _____) / <input type="checkbox"/> Visa / MasterCard			
<i>*Cheque should be made payable to "Hong Kong Institute of Certified Public Accountants"</i>			
For payment by credit card, please fill in the following:		Card no.:	
Cardholder's Name : (Please print)		Card Expiry Date (month/year) :	
Date :		Cardholder's Signature :	
FOR OFFICE USE	Auth. code no.	Handled by	Date
<input type="checkbox"/> Please put a "✓" if you require a receipt and indicate your choice of delivery:			
<input type="checkbox"/> by email <input type="checkbox"/> by post (to the address as shown below)			
Name:		Name:	
Address:		Address:	

Notes:

- Enrolment for the programme is accepted on a first-come-first-served basis.
- Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
- The closing date for enrolment is **9 November 2009**. However, the Institute has a right to accept late registrants as it sees fit.
- Successful enrolment will be informed by email or by telephone. If you do not hear from us two working days before the commencement of programme, please contact Ms. Peggy Kwan at 2287 7058 / Ms. Florence Ng at 2287 7055. Unsuccessful enrolment will be informed by mail with full refund.
- Unless the programme is cancelled due to unforeseen circumstances or bad weather, no refund for withdrawal will be entertained after your enrolment has been processed.
- Bad weather arrangement: When typhoon signal no. 8 or above / Black rainstorm warning is hoisted 2 hours prior to the commencement of the class, the scheduled class will be cancelled and a make-up class will be arranged.
- The Institute reserves the right to change the venue, date and fee of the activity due to unforeseen circumstances.

Payment & Enrolment Status Enquiry: 2287 7379
 e-mail: finance@hkicpa.org.hk

Event Information Enquiry: 2287 7058
 e-mail: mcs.msce@hkicpa.org.hk