



Group of the running meeting (March 2016)

„Fit for ...“ Activities

Every other year the LV Oelde provides a „Fit for ...“ activity. Anybody who is interested in running gets a professional training over the course of five months in order to run the 10k



race at the Int. Sparkassen-Citylauf.
"Fit for 2015" at the 18. Citylauf Oelde
(June 2015)

Contact

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<http://www.lv-oelde.de>



Note

Please make sure to get a health check before starting your training.



Running Gear

The LV Oelde in cooperation with the sports store Diekemper in Oelde. Club members get a 10% discount on running clothes and trainers.



<http://www.sport-diekemper.de>



“Lauftreff” Oelde

We've got it going on!

Stand: 17.04.2016
© Athletics sports club Oelde e.V. (LV Oelde)
Departure “Lauftreff”

Introduction

Since 1975, the “Lauftreff” offers the opportunity to be active. It was established in association with the athletics sports club Oelde (LV Oelde). Everybody can join the “Lauftreff” as it is the ideal group for beginners or advanced sportspeople who want to get or stay fit and healthy.

The first training sessions are executed with professional supervision and shorter distances. When the fitness levels rise, the distances increase accordingly.

The participants prepare themselves for running events like the 10k Citylauf in Oelde or they just enjoy being part of a group and be active.

After the common running the members gets together for social activities.

After the joint running, the members get together for social activities.

Running Course

The individual groups range from beginner to advanced and usually run distances between 5 and 12k.

Note

A membership in the club LV Oelde includes insurance performances.

Health reasons

There are a lot of reasons to start running. Health aspects probably are the most important among them. Being active within a group is proven to be more effective and fun.

Regular running consolidates the cardiac and circulatory well-being and increases fat burning. Additionally, it supports mental concentration, blood flow and the oxygen supply of the body. The digestive system and the immune system are activated.

Schedule of trainings

Summer (April - September)

Tue. & Thu. 6.15 pm parking lot Benningloh

Winter (October - March)

Tue. & Thu. 6.15 pm swimming bath

throughout the year

Sun. 10 am parking lot Geisterholz
Wed. 9 am parking lot Benningloh

There is also a walking group that trains together with the running group on Tuesdays and Thursdays. The group also does Nordic Walking.

Places of Meetings

