



Robyn Kouw

*Level 2 Advanced Recreational Running Coach
& Personal Trainer*

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What you need for group running sessions:

- A large drink bottle of water
- A towel
- Well-fitting runners
- Comfortable, cool running clothes
- A hat, if the sun is still shining
- Wear sunscreen
- Asthma medication for anyone who is asthmatic
- Lots of energy and enthusiasm!!