



# Levels Running

## **Open to all**

This offering does not require a specific level of ability and is open to all Unisport participants.

## **N1**

The basic jogging courses are aimed at anyone who wants to acquire basic running skills.

## **N2**

The N2 offerings are aimed at Unisport participants who can complete a 45-minute endurance run at a speed of between 5:30 and 6:00 minutes per kilometer.

## **N3**

The N3 offerings are open to Unisport participants who can run for 20 minutes without any problems at a speed of 5:00 minutes per kilometer.