



Destination RUN
Coaching
ROAD | TRACK | TRAIL

Holly Lodge
Primary School



Holly Lodge Primary School Indoor Athletics Club (Years 3-6)

IMPROVE YOUR FITNESS with this fun, indoor athletics club to improve cardio fitness, speed and fundamental skills such as agility, balance and coordination

Dates: **Thursday** 2nd, 9th, 16th, 23rd & 30th November, 7th & 14th December 2023, 4th, 11th, 18th, 25th January, 1st, 8th, 22nd & 29th February and 7th, 14th, 21st & 28th March 2024 (**TOTAL 19 weeks**).

Time: 3.15 - 4.15pm

Where: Holly Lodge Main Hall (indoor)

What to bring: Running kit, clean trainers and a drink

Cost: Payment option 1 - £49 until Christmas | Payment option 2 - £133 until Easter

How to book: Contact Brian Stopher at Destination RUN for more information at brian.destrun@gmail.com

Clubs organised and run by Brian Stopher (UK Athletics qualified running coach, qualified & experienced PE teacher, ex-head of secondary school PE, & former National Champion)

