



Destination RUN
Coaching
ROAD | TRACK | TRAIL

 **Holly Lodge**
Primary School

 **UNITED KINGDOM ATHLETICS**



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

IMPROVE YOUR FITNESS with this 6 week or 12 week indoor athletics club to improve cardio fitness, speed and core skills such as agility, balance and coordination

Dates: **Thursday** 6th, 13th, 20th & 27th January and 3rd & 10th February 2022 (**6 weeks**), 24th February, 3rd, 10th, 17th, 24th & 31st March 2022 (**12 weeks**).

Time: 3.15 - 4.15pm

Where: Holly Lodge Main Hall

What to bring: Running kit, trainers and a drink

Cost: £6 per session - £36 for the half term or £72 for the whole term

How to book: Contact Brian Stopher at Destination RUN (formally PB Coach) 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)

