



## **Holly Lodge Primary School Outdoor Running Club (Years 3-6)**

It's OLYMPIC YEAR - follow in the footsteps of your heroes

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

**Dates:** Thursday 9th, 16th, 23rd and 30th September, 7th and 14th October 2021

**Time:** 3.20 - 4.20pm

**Where:** Holly Lodge Field

**What to bring:** Running kit (warm and waterproof), trainers and a drink

**Cost:** £6 per session - £36 for the half term

**How to book:** Contact Brian Stopher at PB Coach for more information at [pbcoach1@outlook.com](mailto:pbcoach1@outlook.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)

