



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

A club for beginners and experienced runners. Come and join us for this exciting and challenging 6 week outdoor athletics club to improve cardio fitness, speed and core skills such as agility, balance and coordination. Perfect for those wanting to improve fitness for team sports.

Dates: **Thursday** 14th, 21st & 28th September and 5th, 12th & 19th October 2023

Time: 3.15 - 4.15pm

Where: Holly Lodge Field

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

Cost: £42 for the half term

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 international athlete)

