



Destination RUN
Coaching
ROAD | TRACK | TRAIL

 **Holly Lodge**
Primary School

 **UNITED KINGDOM ATHLETICS**

Qualified Coach

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

IMPROVE YOUR FITNESS with this fun 7 or 19 week indoor athletics club to improve cardio fitness, speed and fundamental skills such as agility, balance and coordination

Dates: Thursday 3rd, 10th, 17th & 24th November and 1st, 8th & 15th December 2022 (**first 7 weeks**) AND 5th, 12th, 19th & 26th January, 2nd, 9th & 23rd February and 2nd, 9th, 16th, 23rd & 30th March 2023 (**TOTAL 19 weeks**).

Time: 3.15 - 4.15pm

Where: Holly Lodge Main Hall (indoor)

What to bring: Running kit, trainers and a drink

Cost: £6 per session - £42 for the half term or £114 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)

