

Coach and Athlete Development Programme



Running Drills

**A practical workshop demonstrating
how if done correctly and regularly
RUNNING DRILLS**

improve running style and reduce injuries.



As part of our re-launch of the COACH AND ATHLETE DEVELOPMENT PROGRAMME, the Leicestershire Running and Athletics Network are pleased to offer the first in a series of workshops showing how running drills when done correctly and regularly WILL improve your running technique and lower the incidence of injuries.

Monday 3rdth July 2017

7pm – 8.30pm

English Martyrs School

Anstey Lane LE4 0FJ

Cost £3

per person

Payable on the night - No need to book

There is no charge if you are a **CiRF/Coach L1** or above, however you **MUST** book in advance to gain free access.
Contact john.skevington@hotmail.com for more info or to book a free place if you have a qualification.