



SUMMER RUNNING CAMP

2nd – 3rd AUGUST 2016

10am – 4pm



**NEW COLLEGE
GLENFIELD ROAD
LEICESTER
LE3 6RN**

Now in its 3rd year!

So you love to run?

Here's a great opportunity to improve!



Led by UK Athletics qualified coaches, this two day course offers an opportunity to progress as a young endurance runner.

- **Improve Running technique**
 - **Running drills**
 - **Cross Training to improve your running**
 - **Improve your endurance**
 - **Tips on how to become a better runner**
- And lots of fun thrown in!**

Open to all school years 3 -7

Cost - £35 to include free Technical T-shirt

**Please download the application form from
LRAN.ORG.UK**

Or for more details email john.skevington@hotmail.com