

Free Training Sessions

With a UK Athletics qualified coach

We are pleased to announce a series of dynamic and engaging training sessions led by an experienced UK Athletics qualified coach. These will introduce a variety of different training methods to engage new and existing runners.

Key elements of the sessions will include:

- ◆ Drills and training advice for competitive runners who want to improve at various distances
- ◆ Basic tips and session ideas for new or beginner runners
- ◆ Interval-based sessions which will include non continuous running drills
- ◆ Dynamic warm-up and cool down
- ◆ Ideas for coaches and leaders on how to engage runners of all ability levels
- ◆ Running games

The Refreshment Room, Rolls-Royce Leisure

Moor Lane, Derby, DE24 9HY

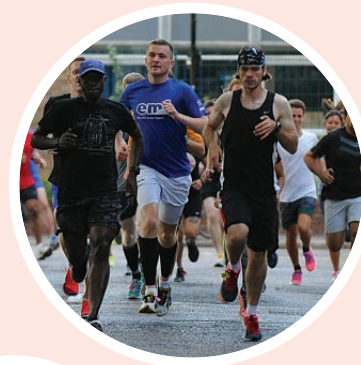
Wednesday 28th November 2018

Wednesday 19th December 2018

Wednesday 16th January 2019

Meet at 5pm / start at 5.15pm

Please bring head torches.



**To book your place please contact Gillian Whiteside:
Gillian.Whiteside@Rolls-Royce.com**