



**Destination RUN  
Coaching**  
ROAD | TRACK | TRAIL

 **Holly Lodge**  
Primary School

 **UNITED  
KINGDOM  
ATHLETICS**



## **Holly Lodge Primary School Outdoor Athletics Club (Years 3-6)**

**It's OLYMPIC YEAR!!! Follow in the footsteps of TEAM GB and try out this club from beginners to experienced runners and for those wanting to improve fitness for team sports. Come and join us for this exciting and challenging outdoor athletics club to improve cardio fitness, speed and core skills such as agility, balance and coordination.**

**Dates:** Thursday 5th September to 24th October 2024.

**Time:** 3.15 - 4.15pm

**Where:** Holly Lodge Playing field (outdoor)

**What to bring:** Running kit (including warm/waterproof clothing or suncream/sun hat), trainers and a drink

**Cost:** £64 for the half term

**How to book:** Contact Brian Stopher at Destination RUN for more information at [brian.destrun@gmail.com](mailto:brian.destrun@gmail.com)

Clubs organised and run by Brian Stopher (ENGLAND ATHLETICS qualified running coach, qualified & experienced PE teacher, ex-head of secondary school PE, & former National Champion)

