



LADIES

INTERMEDIATE SESSIONS

Following a very successful 22nd course we have decided to run **3** intermediate sessions for those ladies who can now run 3 miles and wish to carry on running on a weekly basis with an organised group but are not quite ready to run with our Wednesday Ladies. During these nights slow, steady runs will be approximately 3.5miles/6k in length and will enable you to consolidate your running skills and become a more confident runner.

THURSDAYS 6-7PM

Thursday 6th, 13th and 20th July 2017

Meet at Maldwyn Leisure Centre

£2.00 each session

Please wear suitable clothing and foot wear

**The group will be lead by volunteers who are qualified and licensed
UK Athletics Running Fitness Coaches**

COURSE LEADERS: Jill, Rachel, Heather, Emma, Jan, Haf, and Gang

For further details contact - maldwynharriers.org.uk

