

# IMPROVERS SCHEDULE

JULY 2025

- **July 1st** - Circular 5k
- **July 8<sup>th</sup>** **7.15pm start**- Out & Back
- **July 15th** - Park Fartlek  
plus 6.30pm Grads Run
- **July 22nd** - Trail Run  
plus 6.30pm Grads Run
- **July 24<sup>th</sup>** - 6.45am sunrise session
- **July 29<sup>th</sup>** - Hills  
plus 6.30pm Grads Run

FOR MORE DETAILS VISIT [WWW.RUNLIKEAGIRL.ORG.UK](http://WWW.RUNLIKEAGIRL.ORG.UK)



£3 per session.

Improvers sessions must be booked in advance. Routes are emailed out on the day.

# IMPROVERS SCHEDULE

AUG 2025

- **Aug 5th** - Park Laps & Games
- **Aug 12th** - Circular
- **Aug 14<sup>th</sup>** - 6.45am Sunrise session
- **Aug 19<sup>th</sup>** - Out & Back
- **Aug 26<sup>th</sup>** - Circular

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