

IMPROVERS SCHEDULE

- **April 2nd** - Circular Route
Plus Run30 Grads 6.30pm
- **April 9th** - Out & Back
Plus Run30 Grads 7pm
- **April 16th** - Circular 5k & 7k options
- **April 23rd** - Parks fartlek
- **April 30th** - Hills

APRIL 2024

FOR MORE DETAILS VISIT WWW.RUNLIKEAGIRL.ORG.UK



£3 per session.

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