

IMPROVERS SCHEDULE

MAR 2025

- **Mar 4th** - IWD Circular
*all fees go to an IWD charity
- **Mar 11th** - Warm up 3.5k and intervals
- **Mar 18th** - Food bank run
Run30 Graduation
- **Mar 25th** - Circular
Graduation Run 1

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.