

IMPROVERS SCHEDULE

MAY 2025

- **May 6th** - Road and trail 5k & 7k
- **May 13th** - Out & Back
- **May 20th** - **Move back to St Nics, Warwick**
Park loop & Priory Park hill repeats
Run30 Week 1
- **May 27th** - 5k Circular
Run30 Week 2
- **Friday May 30th** - **TRACK NIGHT**
with Nat Bhangal, all welcome!

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.