

IMPROVERS SCHEDULE

JAN 2025

- **Jan 7th** - Out & Back
- **Jan 14th** - Circular
- **Jan 21st** - Hills
- **Jan 28th** - Circular with fartlek at the end

Plus Run30 Week 1 (6.30pm start)



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.