

IMPROVERS SCHEDULE

APRIL 2025

- **Apr 1st** - Circular
Graduation Run 2
- **Apr 8th** - Road & Trail
Graduation Run 3
- **Apr 15th** - Combo short circular & park activity
- **Apr 22nd** - Myton out & back
- **Apr - 29th** - Circular with fartlek

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.