

DARTMOOR



SATURDAY 13TH MAY

FELL/TRAIL LIRF – ONE DAY BRITISH ATHLETICS COURSE, QUALIFIES LEADERS TO TAKE GROUPS RUNNING OFF ROAD.

PRICE: £140.00

SUNDAY 14TH MAY

OFF ROAD RUNNING WORKSHOP – DELIVERED BY ENGLAND ATHLETICS LEAD TUTORS AND QUALIFIED COACHES. WORKSHOP 1: MORNING ‘TECHNICAL ASPECTS OF EFFICIENT OFF-ROAD RUNNING.

WORKSHOP 2: AFTERNOON ‘MOVEMENT SKILLS FOR OFF ROAD RUNNING’

**£35 FOR EACH WORKSHOP/ £60 FOR BOTH.
IF BOOKING THE TRAIL/FELL LIRF £40 FOR BOTH.**

ACCOMMODATION AVAILABLE CONTACT

WWW.DARTMOORRUNNINGHOLIDAYS.CO.UK

FURTHER DETAILS AND APPLICATION FORMS:

WWW.FELLRUNNER.ORG.UK/COACHING.PHP