



Improvers programme

June 2021

7:30pm, St Nicholas Park, Warwick.
Meet in front of the cafe.

Routes and session details will be posted on our website on the day of each session.
Please ensure you have booked your place, you can do so by visiting www.runlikeagirl.org.uk

Date	Improvers
08/06	6km odds and evens - odds at a recovery pace, evens at a faster pace Lauren, Liv
15/06	Trail run - meet at Saxon Mill - <i>route and further details to follow</i> Lauren, Lucy
22/06	Priory Hill reps - meet at St Nics as per usual and we'll run to Priory Park as a warm up. Lauren
29/06	6km and 8km distance options - route to follow Lucy, Ellen