

## Surrey Athletic Network SPEED WORKSHOP



THE COURSE HAS BEEN SPECIFICALLY DESIGNED FOR ALL ATHLETIC DISCIPLINES WHETHER YOU ARE AN ENDURANCE RUNNER, JUMPER OR THROWER SPEED IS FUNDAMENTAL TO ALL.

**SUNDAY 7TH DECEMBER**

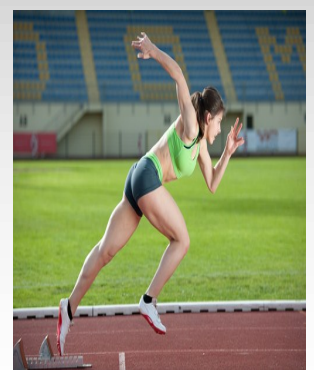
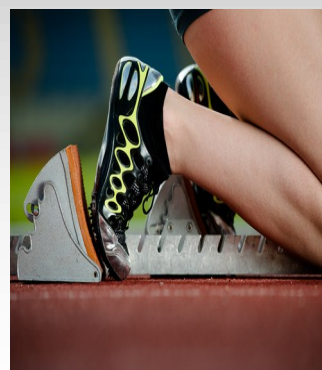
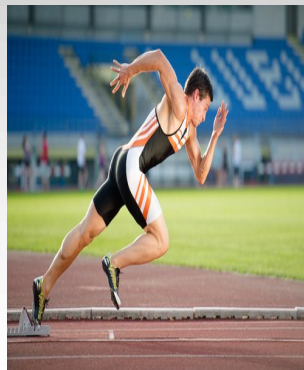
**1PM—4PM**

**DAVID WEIR LEISURE CENTRE  
(FORMELY KNOWN AS SUTTON  
ARENA),**

**MIDDLETON ROAD, C  
ARSHALTON, SURREY SM5 1SL**

**Limited Spaces**

**To book a place on the  
course email:  
[hils\\_jones@hotmail.com](mailto:hils_jones@hotmail.com)**



**Delivered by fully insured  
and qualified National  
Programme sprints  
coach James Coney.**

**In the session you will  
learn about the benefits  
of a dynamic warm up,  
running well through  
movement drills with  
direct feedback given to  
athletes and their  
coaches.**

**Cost £10 per participant.**

**Suitable U15 and above.**

