

Strength & Conditioning with Technical Development for Road Runners

With Jared Deacon

Friday December 9th 7-8pm
Loughborough University Track



We have been given the opportunity of a real one off session with International Athlete Jared Deacon to demonstrate Strength & Conditioning with Technical Development for Road Runners

This will be a practical session so come prepared for action!
There will be a small charge of £2 payable on the night to cover track fees
Please book your place with Andy Harris
andy.harris@nwleicestershire.gov.uk

