

runbootcamp *Intensive training for early birds*



Get Fit for Summer

1. 26th April to 7th May (every other morning - Mon, Wed, Fri)
2. 17th May to 28th May
3. 14th June to 2nd July
4. 12th July to 23rd July
5. 9th August to 21st August (every other morning - Mon, Wed, Fri)
6. 6th September to 24th September (every other morning - Mon, Wed, Fri)

www.run.uk.net

Sessions run in Marble Hill Park, setting off from the car park, from 6.15 to 7.15am for two weeks, but you do get the weekend off!

The price is £12 per session (total £72 for camps 1, 5 & 6, £100 for camps 2, 3 & 4). Please complete and return the form below with your payment. Spaces are limited so booking is essential and payment must be made in full to secure your place.

For more information please call Georgie Islip on 07736 070612 or email georgie@run.uk.net.



Boot Camp Booking Form

www.run.uk.net

Name _____

Address _____

Contact number _____

Email address _____

Boot Camp date(s) _____

Medical conditions _____

Please detail any injuries to back, neck, knees or ankles _____

How often do you train? (please circle as appropriate)

4 or more times a week

2-3 times a week

Once a week

Once every 2-3 weeks

What are your training goals for the Boot Camp? _____

Signed _____ Date _____

Please make cheques payable to Georgie Islip and post to 46 St Margarets Grove, Twickenham, TW1 1JG. Thank you.