

Unleash your inner Ennis, come Back to Athletics

3 week rotating programme for Adults:

Run Throw Jump

Running Training
Drills, Plyometrics and Stride work
15 May, 5 & 26 June, 17 July, 7 & 28 August

Throws Training
Javelin, Shot Put, Discus & Hammer technique
22 May, 12 June, 3 & 24 July, 14 August

Jumps Training
High, Long & Triple jump training & techniques
29 May, 19 June, 10 & 31 July, 21 August

All sessions include core strength workout, warm up and cool down activities and dynamic stretching.

**6:30-8pm Every Wednesday
£2 per week, pay and train.**

Hillingdon Sport and Leisure Complex, Gating Way, Uxbridge, UB8 1ES. Call the sports team on 01895 250453 with any questions or just come down to a session.

In Partnership with Hillingdon Athletics Club and Fusion Lifestyles

