

# ATHLETICS SPRINT CAMP

**Monday 11th April- Thursday 14th April**  
**Palmer Park Stadium**  
**7-11 year olds and 12-16 year olds**  
**Coaching: 9am-12pm**

Sessions will be led by UKA sprint specialist coaches and international sprint athletes.

Athletes will be split into small groups to ensure training sessions are challenging for everyone attending.

Sessions will include fundamentals such as speed, strength and reaction times as well as sprint specific techniques and conditioning.

Training sessions will be held in the main stadium, on the athletics track



**£15 per day**

**£55 for Monday- Thursday**

To reserve your space, please register via the website below.

[www.fitnessandathletics4kids.co.uk](http://www.fitnessandathletics4kids.co.uk)



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