

# Sunday morning training group

8:30am Sunday morning group  
training session led by EA endurance coach Oli Davey

Focus on x country / trail / aerobic distance

Athletes must be 17 years or older.

Any ability welcome, 'loop' or 'out & back' circuits.

## Dates & location

24th Oct - King George 5th playing field  
31st Oct - King George 5th playing field  
7th Nov - Sabrina Bridge  
21st Nov - Sabrina Bridge  
28th Nov - King George 5th playing field  
5th Dec - Perdiswell golf course  
19th Dec - King George 5th playing field

Sessions start at 8:30am

Please be warmed up and ready to start.  
No provision for kit 'dropping' just bring  
what you need including medical kit.

Weekly training updates & course maps on [www.theactivefootco.co.uk](http://www.theactivefootco.co.uk)