

Cheshire Athletics Network presents...

THE OFF-ROAD DEVELOPMENT DAY

SATURDAY 2ND APRIL 2011

9:30-15:00

TEGGS NOSE, MACCLESFIELD, SK11 0AP

9:30-

Registration at Teggs
Nose

10:00-

Introduction

11:30-

Training aspects of Off-
Road Running
Kit/navigation/technique

12:30-

Group Run Around Teggs
Nose

3:00-

Macclesfield Sports
Centre for Fish and Chips
and final presentation

- The day will involve a mixture of theory and practical sessions guiding you on the best techniques, kit and exercises for off-road running.
- No matter what ability you are we can cater for you!
- **COME PREPARED FOR ALL WEATHER!!**

To book your place please contact:

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