



SUMMER HURDLE SESSION 2013

FRIDAY 9 AUGUST 2013 at Craigswood Athletics Track Livingston

Want to improve your hurdling skills? Or looking for new ideas to add to your training? Or just enjoy hurdling?



5 hours split over Morning /Afternoon

11am start 4pm finish

Morning – Posture; Agility; Reaction

Afternoon – Stride Pattern; Hurdle Flight

Cost: £10 this includes access to facility

***Craigswood Athletics Track
Livingston***

*To register email
coachbri@hotmail.co.uk PLEASE
state age of athlete*

Please note there is an attendance limit – first come basis; notification email will be sent out; if excess numbers another date will be offered.



Delivered by Brian Winning UKA Lvl 3 Sprints and Hurdles Coach; Hurdling Scotland
<http://speed-agility-performance.webs.com/>