



SPRING RUNNING SESSIONS

**AT THE ALL NEW
TARTAN RUNNING TRACK**

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**SEAN KELLY SPORTS CENTER FIELD
TUESDAY EVENINGS Warm Up 7.15pm
Interval Session 7.30pm
(UNDER LIGHTS)**

FROM TUESDAY 20TH JANUARY 2015

LOCAL RUNNING COACH JAMES O'SULLIVAN

Will organise a structured series of interval training sessions
TO KEEP YOU FIT,
GET YOU RUNNING AND IMPROVE YOUR TIMES & FITNESS.

Runners of all levels will be catered for during these sessions with
special attention being given to novice runners and beginners.

Cost €2 per session to CLUB MEMBERS and NON Club Members

**GET FIT-GET RUNNING!
-WITH YOUR LOCAL RUNNING CLUB**