

YOUNG ATHLETE CAMP

31st July - 4th August, 2023

TONBRIDGE SCHOOL, KENT

Training

For middle distance runners aged 12 - 17 years old

Sessions

Covering nutrition, strength, mobility, race tactics & mental health

Practical

Track, cross country, running skills, strength and mobility

Improve

Your confidence, understanding of training & racing

Agenda

Action packed, expert led, friendly and fun with first class facilities

Price

Per young athlete full board residential

£549

For more info or to book

☎ **07539490758**

youngathletecamp.co.uk

[@young_athlete_camp](https://www.instagram.com/young_athlete_camp)

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