

Cathrin's Fun Strength and Conditioning Circuit

During most June and July 2022 I am offering every Wednesday an alternative to running and will do a Strength and Conditioning Circuit aiming to improve you your strength and overall fitness whilst having some fun.

What is Strength and Conditioning?

Strength and Conditioning training involves a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance.

What do you need to bring?

Exercise/ Yoga mat and a towel, some water and if you have available some resistance bands (no worries if not).

When and Where?

Wednesdays after track announcement meeting at the entrance of Palmer Park Stadium on

1st June

8th June

15th June

22nd June

13th July

20th July

27th July.

Looking forward to seeing and training with you. In the meantime if you have any question please let me or any of the club members know.

Cathrin