

Calderglen Harriers

In association with EKGTA Ltd

Proudly Present

Trossachs Training Camp

17/18/19 September 2010



Based at the Trossachs Backpackers Hostel near Callander in Perthshire, the training weekend will take place over the weekend Friday 17th through Sunday 19th-September 2010.

Under the expert guidance of UK Athletics qualified coaches, the weekend will consist of a number of coaching sessions (both running and classroom based) over the Friday evening, Saturday and Sunday morning, and will take advantage of the picturesque trails by Loch Venacher and the nearby Trossachs area.



The Trossachs Training Camp weekend is limited to 28 participants, including a few reserved places for non-Calderglen Harrier members.

The cost of the weekend will be **£50** per person. This includes:

- Two nights (Fri/Sat) dormitory accommodation in the hostel
- Breakfast (Sat/Sun), lunch (Sat/Sun) and dinner (Fri/Sat)
- Technical T-shirt souvenir
- Full coaching program

(Note that day rates are available for those not requiring accommodation - please call for details)

The Trossachs Training Camp is targeted at runners of all levels – those looking to get in to peak form for the Autumn Club relay races, those looking to get back into their running again after a break or those who simply want to enjoy running on the trails of the Trossachs area with other runners.

Booking forms available at the EK Sports Club on training nights or from the 'ATHelite' running shop in Hamilton (call Genevieve on 01698 422448).

Bookings will only be confirmed when the full monies have been paid.

Cheques should be made payable to 'Calderglen Harriers' – payment available by four post dated cheques – further details available on request. Completed booking forms and cheques should be handed to Genevieve Freeman at ATHelite.



TTC 2009