



Would you like to try race walking or perhaps improve your developing race walking technique?

If that's the case, come and join us at **Aylestone Recreation ground** (parking on Knighton Lane East) where Leicester Walking Club is putting on FREE beginner and improver training sessions.

Boys and girls will be coached by a qualified England Athletics coach in the basics of race walking from **5.30 p.m. until 6.15 p.m.**

We have deliberately offered a range of days so that children can come to as many sessions as they can which don't conflict with other evening activity they may be involved with (e.g. football on a Monday, dance on a Wednesday etc.).

The sessions will take place on:

Tuesday September 12th.

Wednesday September 20th.

Tuesday September 26th.

Monday October 2nd.

Race opportunity - CS League #1 - October 10th - see below

Tuesday October 24th.

Monday October 30th.

Wednesday November 8th.

Race opportunity - CS League #2 - November 14th - see below

In addition to receiving this specialised coaching they will have opportunities to put their training into practice by taking part in the **Chris Smith 2km. race walking league at Saffron Lane stadium**. In this competition the individual standings are based on a handicapping system which encourages all competitors to improve or get close to their best performances over the 4 race series. All newcomers get a generous handicap for their first race!

Meet at the stadium at 6.00ish to get race numbers, do a few drills before the race starts at 6.30 p.m. and the sessions should finish by about 7.00 p.m. with judges awards for the best styles!

Autumn race dates for your diaries -

CS League #1 - October 10th.

CS League #2 - November 14th.



For further information contact Colin Vesty
coaching@leicesterwalkingclub.org.uk or 07535 657169.