



Maidenhead Athletic Club

OPEN TRAINING SESSION

Tuesday 30th October

18:30—20:00

Suitable for adults of all running abilities

Contact: Leila headcoach@maidenheadac.org

Maidenhead Athletic Club is your local running club for all ages and abilities of runner.

Try us out and find out how we can help you with your running.



Got a spring marathon place? We can help you with your training. Come along and find out how.

If you cannot make this session come and try us out for free at one of our regular training sessions:

Tuesday	18:30	Track session
Wednesday	18:30	Club run (4-7 miles)
Sunday	08:30	Club run (8+ miles)

See our website for more details:

www.maidenheadac.org

