



Greater Peterborough Athletics Network

Strength & Conditioning – Practical routines for runners

Don't forget your mat, if you have one
(or you can borrow one of ours!!)

****NOTE NEW DATE ****

Wednesday 11th April 2018
7pm – 9pm



Led by: Miriam Rivotti MSc, MCSP

Physiotherapist, Fitzwilliam Hospital
(& warm up lady at Get Fit 4 the Eastern 2017)



Hosted by the GPAN, Miriam will show
attendees exercises they should
incorporate into their regular stretching
routines anytime, anywhere.

Venue Details: The Pavilion, Embankment
Track, Peterborough Regional Fitness and
Swimming Centre, Bishop's Road,
Peterborough PE1 5BW



ENGLAND ATHLETICS

www.Englandathletics.org