



## Athletic Zones Algarve Training Camp 12<sup>th</sup> - 17<sup>th</sup> April 2017 at Browns Sports & Leisure Club

Coach Liz McColgan  
10000m World &  
Olympic Silver  
Medalist, winner of  
London, Tokyo &  
New York  
Marathons.



Coach John Nuttall  
Commonwealth games  
5k Bronze medalist, lead  
endurance coach for  
Team GB 2012 &  
European performance  
coach award 2012.

Join us at Browns Sports and Leisure Club for our all-inclusive training Camp in Portugal.  
Caters for athletes, coaches and families.

Learn what it takes to maximize your potential.

The Camp will cover nutrition, S&C, psychology - positives versus negatives.

Planning your training for peak performance, teaching economy and efficiency in your running.

...and lots more – the Camp is suitable for all abilities.

Contact [Lizrun@aol.com](mailto:Lizrun@aol.com) for more details.

