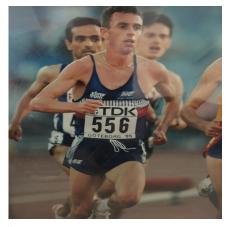


Athletic Zones Algarve Training Camp 12th - 17th April 2017 at Browns Sports & Leisure Club

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





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 for more details.

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

