

# AXIS RUN ACADEMY

WIMBORNE, DORSET

Do you know a keen young runner aged between 7 & 11?

Weekly after school sessions to:

- ☀️ Build running technique
- ☀️ Learn good habits from an early age
- ☀️ Boost fitness
- ☀️ Improve stamina through active play
- ☀️ Develop confidence



## AXIS FIRST 5K

Are you thinking of taking your first steps as a runner?

Join our friendly, welcoming, small group with our expert running coach, Tim, for our 5 week 'First 5k' course.

You'll learn:

- ☀️ Technique
- ☀️ Breathing
- ☀️ Pacing
- ☀️ Endurance

Morning & Evening sessions available starting 20<sup>th</sup> November



**BOOK YOUR PLACE TODAY AT [WWW.AXISRDY.CO.UK](http://WWW.AXISRDY.CO.UK)**