Come along to a running club for all abilities!

Each session will be structured with a warm up, a specific running exercise (varying from week-to-week) and finishing with a cool down.

The aim is to improve stamina and endurance with a goal of ultimately being able to run at least 5 km after following a steady training programme.

Once a term, we will meet for a Saturday ‘Park Run’ Session (dates will be confirmed later in term)

**Where:** Rec Ground (next to WPPS)

**When:** Monday 3:30pm

There will be 10 sessions during the Spring Term:

<table>
<thead>
<tr>
<th>Spring 1</th>
<th>Spring 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>13/1/20</td>
<td>2/3/20</td>
</tr>
<tr>
<td>20/1/20</td>
<td>9/3/20</td>
</tr>
<tr>
<td>27/1/20</td>
<td>16/3/20</td>
</tr>
<tr>
<td>3/2/20</td>
<td>23/3/20</td>
</tr>
<tr>
<td>10/2/20</td>
<td>30/3/20</td>
</tr>
</tbody>
</table>

**Who:** all pupils in KS2 are invited, the sessions with be run by Miss Brunt and Miss Field.

**How much:** £80 a term - £8 per session. Cash or cheque preferred; alternatively ask for bank details. Please fill in the form below.

For more information, contact:

sbrunt@wimbledonpark.merton.sch.uk or gfield@wimbledonpark.merton.sch.uk
Sign up form (please return to Miss Brunt or Miss Field)

Child’s name: ____________________________________________
Child’s class: ____________________________________________

Emergency contact details: _______________________________________

Medical information (allergies / asthma etc.): __________________________

Payment: Cash □ Cheque □

Parental consent:
I __________________________ consent to my child taking part in running club on Monday in the Rec at 3.30pm.

Please note: If level of demand is not sufficient, the club will not be run.