



## 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!!)

**Wednesday 28<sup>th</sup> February 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

**Open to all members of GPAN Clubs or  
runners thinking of joining a club**



  
**ENGLAND ATHLETICS**

[www.Englandathletics.org](http://www.Englandathletics.org)