



**You are cordially invited to join our new Lara AC for our training sessions as follows;**

**LARA ATHLETICS CLUB TRAINING SESSIONS**

- **Every Tuesday Afternoon 18h30pm Khathu`s Medium pace run – 1 Hour**
- **Every Thursday Afternoon 18h30pm Arthur`s Medium pace run – 1 Hour**
- **Every Saturday Morning 06h30am Bops Speed Sessions – 10 x set of 1 KM fast pace**
- **Every Sunday Morning 06h30am Bra Fani`s LSD easy run or Mothibedi`s LSD easy run – 2 Hours**

**We start and finish at Protea Glen ext.24 Eagle Owl Street on every Tuesday, Thursday and Sunday sessions**

**We start and finish at Protea Glen ext. 26 Face Brick Houses by the small grounds on every Saturday for the session.**

**Contact – 072 046 7548/081 879 3131/064 753 4010 call, sms and WhatsApp or alternatively Email us; [info@laraathleticsclub.co.za](mailto:info@laraathleticsclub.co.za)**