



Orienteering Coaching

Conditioning Session

24 July 2010

**Fitness – What is Fitness?
How do I improve my fitness?
How should I train?**

**Training Session - CV Fitness
Interval Training
Stretching**

**Led by Anthony Dew, GP with an interest in
sports medicine.**

Meet at Haldon forest at 1000.

www.devonorienteeing.co.uk

