

Wendy Murgatroyd - Coach



I'm an England Athletic trained coach in running fitness for South Leeds Lakers. My aim, as a coach, is to help athletes run more efficiently by improving their strength and advising on running techniques.

My coaching sessions are fortnightly on a Friday evening, 6pm, at South Leeds Stadium. Sessions last for one hour and include a warm up, drills, strength & conditioning, running activities and a cool down. Other locations can be in Middleton Woods or Cross Flatts Park, depending on the type of session I'm doing (hill reps, trail running etc).

Sessions cater for all abilities and can be easily booked through the RunTogether App.
