

# FUTURE ATHLETICS

## Sprints, Hurdles and Middle Distance Training

Session 1	Monday	4:45 - 6:00pm
Session 2	Tuesday	4:45 - 6:00pm
Session 3	Thursday	4:45 - 6:00pm

### Location:

The University of Queensland,  
Sir William MacGregor Drive St Lucia QLD 4067

### Coaches:

#### Michael Hillardt

World indoor champion, Semi Finalist  
1500m Summer Olympics & Level 4 Athletics Australia middle  
distance coach

#### Rajeev Balakrishnan

2000 Sydney Olympics

Combine endurance training with speed to achieve your best  
potential in middle distance running



## Enquiries & Bookings:

Matty Scott / Director

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