



**PREMIER TRAILS**

*I like to run where beauty lies and nature plays, you should try it too...*



We are committed to promoting the exploration of the wonderful and varied green spaces we are so lucky to have an abundance of here in the UK, and maintaining fit and healthy, bodies and minds along the way. Whether it's through delivering our Trail Kids programme for children or The Whole Run scheme for adults, we hope to inspire and open up minds to the amazing possibilities our countryside has to offer and the amazing things our bodies are capable of.

### **Trail Kids syllabus**

Our Trail Kids programme is a comprehensive package designed to equip children with a range of outdoor skills as well as working on a range of transferable skills to help improve in other areas of their sporting and educational development. During the sessions the children will work on:

#### **Physical fitness**

Agility  
Balance  
Coordination  
Building aerobic energy systems  
Activating fast twitch muscle fibres  
Running form

#### **Understanding Exercise and the body**

Effective Warm Ups for exercise  
Fuelling exercise (and life!)  
Respiratory system  
Cardiovascular system  
Musculoskeletal system  
The power of the mind

#### **Outdoor skills**

Safety Equipment  
Orienteering  
Off road running skills  
Knots  
Foraging

Our programme is delivered using unique and bespoke natural equipment to create a more exciting learning environment for the children. All aspects of our unique syllabus will be delivered through fun and exciting games. The children will be made to feel involved in the Trail Kids community and become part of the Trail Kids family.

All of our sessions will be delivered by our highly skilled and experienced instructors who have all undergone an enhanced DBS check which is regularly renewed. These sessions will be delivered through weekly sessions and one off events throughout the year.

For more information click on the link below to visit our website, or if you have any questions, or want to make a booking, email us using the 'Contact Us' link on our website.

[www.premiertrails.co.uk](http://www.premiertrails.co.uk)