

Come and Try Modern Pentathlon—Training Days

UNIVERSITY of
STIRLING



The University are hosting multisport training days (8am – 2pm), with a focus on Modern Pentathlon. Athletes will have fencing / conditioning and laser sessions, followed by swimming and then running on the University track. Laser and fencing equipment will be provided.

The cost will be £25 for a single session (day) booking, or £100 for 5 sessions. Athletes will have the option to access bespoke training programmes to help them meet their goals – fun, fitness, participation and performance.

More details are available here <https://www.facebook.com/ScottishPentathlonHubs/>

15 October, 22 October, 29 October

12 November, 26 November

03 December, 10 December



STIRLING • PENTATHLON



BE THE DIFFERENCE