



Endurance Workshops

Practical Training Day – Grass Interval Session, Steeplechase & Physical Preparation

Saturday September 10th, St Mary's College Twickenham.
9.45am – 3.30pm

Led by National Coach Mentor Neville Taylor coaches and their athletes are invited to this endurance training day at St Mary's to prepare for the winter season. In the morning athletes can choose from a grass interval session with Area Coach Mentor Peter Mullervy or a steeplechase session on the track with former ACM Rob McKim. National Coach Mentor Rob Thickpenny will lead a Physical Preparation session indoors in the afternoon.

To book a place please contact Neville Taylor ntaylor@englandathletics.org
07753 700885

Planning for Endurance Running

Wednesday September 28th, Tonbridge School.
7pm – 9pm

What combination of running, training, racing, competing should any endurance runner do? This two-hour workshop will look at the logic, importance and 'how to' plan for endurance running to get the best results for runners. Whether a junior competing in cross country and track running, a youth transitioning to seniors, a senior competing in XC, road and track or an all-round road runner, planning can help.

Area coach Mentor, Head Coach at Invicta East Kent AC and coach to a string of successful county, national and international runners Peter Mullervy will lead this session at Tonbridge School. Runners, leaders and coaches of all abilities and backgrounds are welcome to attend

To book a place please contact Elspeth Turner
eturner@englandathletics.org



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