

England Athletics North

Endurance Coach Development Programme

England Athletics are pleased to offer this exciting endurance coach development series this winter for the athletics and running community.

The content of these workshops offers support to Coaches and Leaders to develop understanding in topics such as: the physical preparation of runners, understanding the benefits and challenges of a Cross Country season and how to develop young endurance athletes.

These sessions will be delivered by Endurance Coach Mentors of the National Coach Development Programme who will be able to share their wealth of experience and success.

See over for details.




ENGLAND ATHLETICS

All workshops cost just £15 per person (for affiliated leaders/coaches).

To book any of these workshops please visit: <http://bit.ly/EnduranceCPD>

Endurance workshop topics

- ◆ **Youth Endurance - How Far, How Fast, How Much?** Just as it says on the tin! Trying to put some guidelines down in the pursuit of developing youngsters into seniors.
- ◆ **Running Technique & Drills** – A selection of drills looking at techniques, why they are being done and what they do – stretching, flexibility, strength, power, coordination and also perhaps why some may be a waste of time!
- ◆ **XC for summer success?** – A candid look at the dilemma 'is cross country essential for summer success?' A look at positive and negative impacts and also what to do if a XC season isn't done.
- ◆ **Physical Preparation** - A look at the running and gym-related work that can make a runner stronger, more powerful and faster, plus the prevention of injuries through attention to certain body areas.

If you would like further information, please contact England Athletics North Endurance Area Coach Mentor, David Lowes on dlowes@englandathletics.org

If you would like local support, please visit www.englandathletics.org/your-area/north to speak to your local England Athletics Club & Coach Support Officer.

Forthcoming workshops include:

Greater Manchester:

Sunday 9th October 2016 10am-2pm
Longford Park Stadium, Ryebank Road,
Manchester M21 9TA

Topics: Running Technique & Drills and XC for summer success?

South Yorkshire

Sunday 23rd October 2016 10am-2pm
Sheffield Springs Academy, Hurlfield Road,
Sheffield, S12 2SF

Topics: Running Technique & Drills and XC for summer success?

Cumbria:

Sunday 6th November 2016 10am-2pm
Braithwaite Institute, Braithwaite, Keswick,
Cumbria, CA12 5TD

Topics: Youth Endurance - How Far, How Fast, How Much? and Running Technique & Drills, Running Technique & Drills and Physical Preparation

Humber-side:

Monday 21st November 2016 6.30pm-8.30pm
Costello Stadium, Anlaby Park Rd, Hull HU4 6XQ

Topics: Youth Endurance - How Far, How Fast, How Much? and Running Technique & Drills

West Yorkshire:

Monday 13th February 2017 6.30pm-8.30pm
The Hut, Kershaw Avenue, Castleford, WF10 3E5

Topics: Youth Endurance - How Far, How Fast, How Much? and Running Technique & Drills

North East:

Saturday 3rd December 2016 10am-2pm
Riverside Athletics Stadium, Chester-le-Street,
DH3 3SJ

Topic: XC for summer success?

Saturday 14th January 2017 10am-4pm
Graham Sports Centre, Maiden Castle,
Durham, DH1 3SE

Topics: Youth Endurance - How Far, How Fast, How Much? and Running Technique & Drills

Sunday 5th March 2017 10am-2pm
Gateshead College Academy For Sport,
Neilson Road, NE10 0EF

Topic: Physical Preparation

Saturday 18th March 2017 10am-2pm
Graham Sports Centre, Maiden Castle,
Durham, DH1 3SE

Topic: Running Technique & Drills



All workshops cost just £15 per person (for affiliated leaders/coaches).

To book any of these workshops please visit: <http://bit.ly/EnduranceCPD>