

QUALIFY AS A COACH IN RUNNING FITNESS (CIRF)

Are you over 18 and working with runners up to and including event group development stage? Have you already obtained the Leadership in Running Fitness or Coaching Assistant award? If you would like to broaden your technical skills further, this is the course for you.

The course will enable you to plan a progressive training program to help runners towards their specific goals. When qualified, you will be insured to coach without supervision.

Topics covered include:

- Fundamental running skills & drills
- Skill development
- Energy systems & endurance running
- Physical preparation & nutrition
- Injury prevention & management
- Flexibility
- Factors including performance
- Elements of planning & delivery
- Core coaching skills
- Integrated coaching
- Athlete development & profiling



Your nearest course

Date: Day 1: Saturday 8th November 2014
Day 2: Sunday 9th November 2014
Day 3: Sunday 14th December 2014
Assessment Day: 9th May 2015 (TBC)

Venue: Cambourne Village College, Sheepfold Lane, Cambourne, Cambridgeshire CB23 6FR

Code: SC0824

Cost: £400 per person or £250 for EA affiliated club members

For further info, please email our Membership Services team

enquiries@englandathletics.org


ENGLAND ATHLETICS

 UNITED KINGDOM ATHLETICS

find out more at: www.englandathletics.org/courses