



Running Forums in Essex 2015/2016

The workshops have been organised for Leaders in running fitness who would like to gain more support to deliver more effective sessions or promote running sessions to the community.

Below are three workshops that have been organised:



How to develop running technique for endurance runner using drills and exercises

Friday 11th September @ Chelmsford Ac Club House
7pm – 9pm

Managing, Coaching and supporting large groups of runners of different abilities to keep engaged

Friday 27th November @ Basildon Sporting Village
7pm – 9pm



How to Market your social media to promote your running group and club

Wednesday 20th January 2016 @ Chelmsford Athletics Club House
7pm – 9pm

All workshops are free for running groups registered on the Run England Website and England Athletics Affiliated Clubs

To book onto the workshop please contact Karen Stephanou, Club and Coach Support Officer on kstephanou@englandathletics.org or 07718394335



www.englandathletics.org