

Dear All,

I am pleased to announce details of a number of upcoming Endurance flying coach visits / coach development events being led by Paul Evans which are open to coaches from across the local area. Please see below for details:

Wednesday 21st January

Time: Meet at 6.30pm

Venue: West Suffolk Athletics Arena, Bury St Edmunds

Topic: Speed Endurance - the session will cater for both juniors & seniors, and demonstrate how a session can be structured to cater for all age groups, and integrate effective warm up's/cool downs for training groups. This will be followed by a trackside Q& A session.

Wednesday 28th January

Time: Meet at 6.30pm

Venue: West Suffolk Athletics Arena, Bury St Edmunds

Topic: Practical session focused towards catering for those looking to run a Spring marathon. The session will provide discussion regarding structuring marathon training, tapering and that "more is not necessarily better" when training for a marathon. This will be followed by a trackside Q& A session.

Tuesday 3rd of March

Time: 6.30pm to 8.30pm

Venue: Saxmundham

Topic: 1hr practical session for marathon runners that have reached the peak of their training volume and now reducing the volume of training and increase the intensity. This will be followed by a one hour theory session looking at 'how to shape the taper up until race day'.

Reminder - Upcoming Psychology in athletics workshop: Creating a motivational training environment to enhance athlete performance (23rd Jan, 7-9pm, Ipswich) – this workshop will take a detailed look at how the training environment impacts on athlete performance and how motivational techniques & strategies can be implemented by coaches to create a motivational training environment.

All workshops are free to attend for Local Coach Development Programme coaches/ England athletics affiliated clubs. To book a place please e-mail me at this address (tspurling@englandathletics.org)

If you have any questions or require any further information then please don't hesitate to contact me.

Kind regards,

Tania

Tania Spurling

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