

## Upcoming Nutrition Workshops For coaches, coaching assistants and Run Leaders



### **Workshop 1: Nutrition – Key considerations for endurance athletes.**

**Date and time:** Monday 18<sup>th</sup> May, 7-9pm

**Venue:** The Maltings Pavilion, Pirnhow Street, Ditchingham, Bungay, Suffolk NR35 2RU

**Delivered by:** Chris McManus (Human Performance Unit Manager at the University of Essex)

**Workshop details:** Nutrition – The workshop will take a look at the key considerations for endurance athletes when making nutritional decisions prior to, during and after training, and alterations leading into competitive races/events.

### **Workshop 2: Hydration in athletics**

**Date and time:** Wednesday 22nd July, 7-9pm

**Venue:** City Academy, 299 Bluebell Road, Norwich, NR4 7LP

**Delivered by:** Mary Skelcher

**Workshop details:** The workshop will take a look at a number of key considerations for hydration including:

- Testing for hydration level
- Risks and rewards of over/under/correct level of hydration
- Hydration during normal life / training and racing
- Sweating - what's lost and sweat rates
- Electrolytes - when and why you need more than water (and when water is best)
- How to make water more interesting!



**Booking:** The workshop is open to Run Leaders, Coaching Assistants and coaches from across Norfolk & Suffolk.

These workshops are free to attend however pre-booking is essential. To book a place, please e-mail your name, club and qualification to [tspurling@englandathletics.org](mailto:tspurling@englandathletics.org)

We look forward to seeing you there!

