

## Norfolk & Suffolk Run Leader Workshops

Following on from the two workshop held in the summer, there are two additional workshops taking place in Norfolk/Suffolk to support Run Leaders and coaches. Details are as follows:

### Workshop 3: Strength & Conditioning

Date & Time: Wednesday 20<sup>th</sup> January 7.00 to 9.00pm

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

### Workshop 4: Strength & Conditioning

Date & Time: Wednesday 24<sup>th</sup> February 7.00 to 9.00pm

Venue: Thurston Community College, Norton Road, Thurston, Bury St Edmunds, IP31 3PB

These workshops have been arranged to support Run leaders and coaches to further develop their knowledge around structuring a Strength & Conditioning programme for athletes with limited / no equipment. Content will focus on conditioning exercises that can be incorporated into your club/running group sessions with information on how to structure a clear and progressive programme for athletes using best practice methods. The workshop will also provide tips that are logical and easy to follow and will be aimed at Run Leaders working with either beginners or more experienced runners. The workshop will be theory and practical based so please dress accordingly.

Booking: The workshop is open to run leaders, coaches and coaching assistants from across Norfolk & Suffolk To book a place go to: [www.activenorfolk.org/courses](http://www.activenorfolk.org/courses) keyword search: run leader

