

Norfolk & Suffolk Run Leader Workshops

Workshop 1: How to develop a varied & effective warm-up

Date & Time: Wednesday 1st July, 7.00-8.30pm

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

This workshop will provide the opportunity for coaches/leaders to discuss how to plan and deliver effective warm-ups for the beginner runner, appropriate and progressive drills for endurance athletes and how to use these as a tool for developing running technique. The session will also take a look at ideas for appropriate cool downs to incorporate into sessions and will conclude with a networking opportunity for leaders from across the local area to share ideas & best practice.

Workshop 2: Structuring training plans for beginner running groups

Date & Time: 12th August 7.00-8.30pm

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

This workshop has been formed to support leaders in further developing knowledge in order to advise any runner to help them safely develop their training on a weekly basis. The workshop will take a look at how to structure both individual sessions and an overall course of sessions. Discussion will cover a broad range of aspects of planning from warm ups & cool downs to recovery & fast paced running and how to design sessions to be both progressive and suitable for mixed abilities. The workshop will provide tips that are logical and easy to follow when planning sessions for the beginner or more experienced runner.

Both workshops will include both theory and practical elements to the session.

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

