

# CALLING ALL ENDURANCE COACHES & ATHLETES!

## NEW 2019/20 COACH & ATHLETE TRAINING DAYS

800m / 1500m /  
3000m / 5000m  
practical event-  
specific training  
sessions for both  
Athletes and  
Coaches.

### ATHLETES

- Great opportunity if you're a club-based track athlete looking to improve your endurance training and preparation
  - Practical training-based sessions open to both experienced and novice athletes
  - Opportunity to meet and train with other athletes
- BRING YOUR COACH AND LEARN TOGETHER**

### COACHES

- Ideal if you're a club-based coach looking to enhance your track endurance coaching experience and skill set
  - Practical training-based sessions open to coaches qualified at Coaching Assistant level and above
  - Opportunity to meet and network with other coaches
- BRING ONE OR MORE ATHLETES AND WORK TOGETHER**

*See leaflet reverse for details of dates and locations.*

## THE SESSIONS WILL INCLUDE THE FOLLOWING KEY FEATURES:

- Different training methods and recovery techniques for coaches to implement.
- Athletes can see/feel what different training sessions feel like first-hand.
- Coaches and athletes benefit from real-world examples of key sessions and data from particular sessions.
- Opportunities for athletes to try alternate methods of training.
- Opportunities for coaches to ask specific questions related to their athletes' coaching/training.
- Understanding when and how to use particular training techniques.
- Take away 10 different training sessions to use in their groups.
- Learn about different recovery methods and how they relate to the specific workshop.

### SESSION 1

#### Interval training middle distance

3 x date options to attend in each region

#### **NORTH** (Lead Coach: Andi Drake)

Thu 17 Oct 2019 John Charles Centre, Leeds

Thu 14 Nov 2019 North Shields Poly Club,  
Whitley Bay

Thu 5 Dec 2019 Ellesmere Port  
Sports Village

#### **MIDLANDS** (Lead Coaches: Sonia McGeorge and Chris McGeorge)

Mon 14 Oct 2019 Northwood Stadium,  
Stoke-on-Trent

Wed 13 Nov 2019 Newark & Sherwood  
Activity Village

Wed 4 Dec 2019 Saffron Lane, Leicester

#### **SOUTH WEST** (Lead Coach: Mark Brace)

Sat 2 Nov 2019\* Bournemouth  
Athletics Stadium

Wed 6 Nov 2019 Castle School, Taunton

Sun 26 Jan 2020\* Exeter Arena

\*Sessions 1 & 2 on the same day

#### **SOUTH EAST** (Lead Coach: Tom Craggs)

Wed 30 Oct 2019 Southwark Park Track

Fri 22 Nov 2019 Broadbridge Heath Track,  
Horsham

Sat 7 Dec 2019 Wimbledon Athletics Track

### SESSION 2

#### Threshold running

3 x date options to attend in each region

#### **NORTH** (Lead Coach: Andi Drake)

Thu 16 Jan 2020 John Charles Centre, Leeds

Thu 27 Feb 2020 North Shields Poly Club,  
Whitley Bay

Thu 5 Mar 2020 Ellesmere Port  
Sports Village

#### **MIDLANDS** (Lead Coaches: Sonia McGeorge and Chris McGeorge)

Wed 22 Jan 2020 Newark & Sherwood  
Activity Village

Mon 3 Feb 2020 Northwood Stadium,  
Stoke-on-Trent

Wed 18 Mar 2020 Saffron Lane, Leicester

#### **SOUTH WEST** (Lead Coach: Mark Brace)

Sat 2 Nov 2019\* Bournemouth  
Athletics Stadium

Wed 27 Nov 2019 Castle School, Taunton

Sun 26 Jan 2020\* Exeter Arena

\*Sessions 1 & 2 on the same day

#### **SOUTH EAST** (Lead Coach: Tom Craggs)

Sat 1 Feb 2020 Wimbledon Athletics Track

Wed 26 Feb 2020 Southwark Park Track

Sat 28 Mar 2020 Lewes Athletics Club,

The sessions are recommended for athletes aged 13+, with ideal age 16+ due to practical sessions involving higher intensity running. Coaches and athletes are encouraged to attend together in order to get maximum benefit from the sessions but you are welcome to attend individually if required. The sessions are not linked to any specific club. Athletes/coaches do not have to have attended Session 1 in order to attend Session 2 although it can be beneficial. Session length is c.2.5 hours – weekday sessions are evening timings and weekend sessions are daytime timings.

For more info and to book online visit: [www.Englandathletics.org/coachathletedays](http://www.Englandathletics.org/coachathletedays)