



Northumberland Athletics Network # workshop

“Developing Young Distance Runners”

WHEN? Friday 25th November 2011 at 7-00pm to 9-00pm

WHERE? Concordia Leisure Centre, Cramlington
(Concordia Suite, 1st Floor)

WHAT? This workshop is based on previous sessions held for young athletes and their parents by Morpeth Harriers & Athletics Club. It is intended to cover not just the types of training athletes should be doing, but why they should be doing it.

It will include:-

- WHAT CAN WE GET OUT OF RUNNING?
- TRAINING – THE KEY INGREDIENTS
- IDEAS FOR GROUP SESSIONS
- PROGRESSING GRADUALLY
- INJURY PREVENTION
- PLANNING AHEAD / SETTING TARGETS
- TRAINING DIARIES

WHO SHOULD ATTEND?

- Coaches (Looking to share ideas on training or to run similar workshops)
- Young Athletes (Preferably attending with their coaches & / or parents)
- Parents

To book your place on this workshop, please contact:-

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