

SY Run Leader Workshops

Delivered by Accelerate Performance Centre

ACCELERATE
PERFORMANCE CENTRE

Dec 5th: Eating Right, a Look at Nutrition.

What and when to eat on race day, around training sessions and what can help you recover from training will be covered in this evening workshop. Can sports nutrition help or are we way better of eating fresh food alone is another commonly asked question we will answer. Correct nutrition is as important as your training and this evening will help you in your 'food-planning'.

Based from Accelerate

Lead: Hannah Bailey.

To book on contact Emma Brady, ebrady@englandathletics.org or 07921060306. Places are limited.



GET INTO RUNNING