

SY Run Leader Workshops

Delivered by Accelerate Performance Centre

ACCELERATE
PERFORMANCE CENTRE

Sept 12th: Introducing Better Running Technique

This workshop will help you to structure your training session around improving any runners technique. This will include specific drills and strength exercise. For the bulk of the session will take a closer look at you own technique and how you can make changes to improve your running movement.

Good run technique can improve speed and help with injury prevention. For all levels of run leader, please bring your kit, allowing for the weather and some standing around.

Based from the Accelerate store. 6.30pm – 8.30pm

Lead: Colin Papworth

Oct 17th: How Do You Structure A Training Plan? 5-Easy Steps

This workshop will help you to understand the basic steps you can advise any runner to help them safely develop their training on a weekly and monthly basis. From recovery to faster paced running these tips are logical and easy to follow for the beginner or more experienced runner.

Based from the Accelerate store. 6.30pm – 8.30pm

Lead: Stuart Hale

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



GET INTO RUNNING