



Kent Athletics



ENGLAND ATHLETICS

Kent and Medway Athletics Network

How to prepare for a successful marathon- Flying Coach visit with David Chalfen

We are delighted to welcome David to Kent to share his experience of coaching the marathon. David will draw on his extensive coaching experience and knowledge to help you plan to get the most out of your training and give advice on race preparation. This will be an interactive session with plenty of opportunity to ask questions.

About David

David Chalfen has been coaching for almost 15 years, is a Level 4 performance coach and was an England Athletics Area Coach mentor in Endurance from 2009 to 2014. He has coached hundreds of runners from international standard down to modest recreational level, with a focus on the longer distances up to marathon. He is author of *Improve Your Marathon and Half Marathon Running* (Crowood Press 2012), which is on England Athletics' Recommended Reading list for endurance runners and coaches. He coaches primarily within Serpentine but also supports runners from numerous other clubs. As a runner he ran 20 marathons with a PB of 2.32.

This session is open to all Kent endurance coaches and athletes and is a great opportunity to learn from David. There are 30 places available so please book as soon as possible. Please note that there is a £5 charge (payable in cash on the night) for any non-coaches who attend.

7.15-9.15pm Wednesday 11th March 2015

**Three Hills Sports Park, Cheriton Road,
Folkestone, Kent, CT19 5JU**

For further information and to book a place, please contact Alison Strange: coachdevelopment.kan@gmail.com



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