

# How to prepare for a successful marathon- David Chalfen

## Kent and Medway Athletics Network

The Network are delighted to welcome David Chalfen 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 (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 supports runners from numerous other clubs. As a runner he ran 20 marathons with a PB of 2.32.

**Monday 8<sup>th</sup> February 2016**

**7 -9 pm**

- 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 to attend (payable in cash on the night).

**The Sennocke Centre, Sevenoaks School**

**High Street, Sevenoaks, Kent, TN13 1HU**

**For further information and to book a place, please contact**  
Alison Strange: [coachdevelopment.kan@gmail.com](mailto:coachdevelopment.kan@gmail.com)

**[www.englandathletics.org](http://www.englandathletics.org)**

