

## Kent and Medway Athletics Network Nutrition for Optimum Performance

We are delighted to welcome James Viner to deliver this workshop which will focus on the integration between nutrition and performance; getting the most out of training and competing in an optimal physical state. There will be plenty of opportunity to ask questions.

### About James

James provides consultation and training services in the areas of exercise physiology and nutrition coaching. His clients include a range of novice and elite athletes, sports teams and the general public. He is a MSc. Graduate in Applied Exercise Physiology and BSc. Graduate in Sport Science.

This session is open to all Kent & Medway Athletics Network Coaches and is a great opportunity to learn from James. There are 25 places available so please book as soon as possible. It is free to attend.

NB There will be a £5 charge (payable on the day) for any non K&MAN members who attend. The £5 charge is only payable by coaches and athletes who are not members of K&MAN clubs.

10am-1pm

Saturday 17<sup>th</sup> January 2015

Julie Rose Stadium, Ashford

Willesborough Road, Ashford, Kent, TN24 9QX

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)

