



ENGLAND ATHLETICS
Kent Endurance Athletics

Race Walks Development Day

18th February 2012: 10 am to 3 pm

Sevenoaks School Sevenoaks, Kent TN13 1HU

Programme includes:

- Athlete screening supervised by a sports physiotherapist.
- Group training session: technique and speed/endurance session on track
- Aqua Conditioning Practical Session: Understand the role of water based training for endurance athletes.

Athletes should as a minimum be in the u13 age group. There is a minimal charge of £15 for athletes. **Free** to all UKA Licenced Coaches of all levels.

Workshop will be led by Chris Hobbs, a highly experienced race walking coach, who is part of the England Athletics Coach Development Programme. He coaches and advises athletes from all over Kent and has coached several National younger age groups champions and Junior Internationals.

For more information and/or book you place contact Chris Hobbs. Email:hobbsrom@ntlworld.com



ENGLAND ATHLETICS

LC DP

LOCAL COACH
DEVELOPMENT PROGRAMME



Kent
Athletics Network

Kent Athletics

www.Englandathletics.org