



ENGLAND ATHLETICS

KENT ENDURANCE ATHLETICS WORKSHOPS FOR ATHLETES AND COACHES 2011/12

For athletes who are good club standard and as minimum be in the under 15 age group. There is a minimal charge to cover costs. A fee of £40 covers all activities (no extra for those signed up to the 2011/12 Kent Athletics Education and Development Programme) or a pay as you go option. **Free to all UKA Licenced Coaches**

26th November 2011 Sand Dune Training at Camber Sands 10-1pm
"Discover how sand dune training helped generations of world record holders become stronger and faster." Cost: £10

Nutrition Workshops "Getting recovery nutrition right" Cost: £5
10th January 2012 Erith Stadium, Bexley 7.30 pm to 9pm
16th January 2012 Julie Rose Stadium, Ashford 7pm to 8.45pm

22nd January 2012: Coaching Female Endurance Athletes
Tonbridge School 10am to 1pm (Coaches only)
Please contact Stella Bandu England Athletics Area Coach Mentor
sbandu@englandathletics.org or StellaAAC@aol.com for details

18th February 2012: Training and Development Day Sevenoaks School
Athlete screening supervised by a sports physiotherapist, Injury prevention tips, group fartlec and Aqua Conditioning sessions Cost: £15

25th March 2012
Steeplechase Workshop Erith Stadium, Bexley 10am to 1pm Cost: £10

15th April 2012
Learn to be a racer and a chaser training day Julie Rose Stadium Cost: £15
Learn how to mix the pace and use tactics in races.
Steeplechase development workshop

For further information please contact Mark Dayson Kent Athletics Network Co-ordinator
07794711181 markdayson@mdp-physio.co.uk



www.englandathletics.org