

CALLING ALL SPEED COACHES & ATHLETES!

NEW 2019/20 COACH & ATHLETE TRAINING DAYS

100m, 200m and
400m practical
event-specific
training and
education for
Athletes and
Coaches.

ATHLETES

- Great opportunity if you're a club-based athlete looking to improve your sprint training and preparation
- Practical training-based sessions open to both experienced and novice athletes
- Opportunity to meet and train with other athletes

BRING YOUR COACH AND LEARN TOGETHER

COACHES

- Ideal if you're a club-based coach looking to enhance your sprint coaching experience and skill set
- Practical training-based sessions open to coaches qualified at Coaching Assistant level and above
- Opportunity to meet and network with other coaches

BRING ONE OR MORE ATHLETES AND WORK TOGETHER

See leaflet reverse for details of dates and locations.

THE SESSIONS WILL INCLUDE THE FOLLOWING KEY FEATURES:

- Developing a general and a specific warm-up
- General physical preparation ideas for a developing athlete
- Ideas on keeping athletes healthy
- Movement efficiency
- Drills, skills and ideas on improving acceleration
- Developing practical coaching concepts relevant to club environment
- Opportunity to network with fellow local coaches and train with other athletes
- Hints and tips on using starting blocks
- Drills to improve running efficiency and technique
- Expert guidance & ongoing support from elite coaches

SESSION 1

Event-specific training: training warm-ups, drills for acceleration and block starts

3 x date options to attend in each region

NORTH

(Lead Coach: Graham Pilkington)

Sat 12 Oct 2019 Gateshead Int. Stadium

Sun 10 Nov 2019 Sheffield (EIS)

Sat 30 Nov 2019 Manchester Sport City

MIDLANDS

(Lead Coach: Andy Paul)

Wed 9 Oct 2019 Loughborough University

Fri 25 Oct 2019 Birmingham HIPAC

Wed 13 Nov 2019 Stourport Sports Club

SOUTH WEST

(Lead Coach: Harry King/Martin Owens)

Sun 13 Oct 2019 University of Bath

Sat 9 Nov 2019 Sir David English Sports Centre, Bournemouth

Sun 8 Dec 2019 Tavistock College

SOUTH EAST

(Lead Coach: Mike Leonard)

Sat 5 Oct 2019 Stoke Mandeville

Sat 16 Nov 2019 Julie Rose Stadium, Ashford

Sat 14 Dec 2019 Greenwich Sutcliffe Park

SESSION 2

Event-specific training: competition warm-ups and drills for efficient sprinting

3 x date options to attend in each region

NORTH

(Lead Coach: Graham Pilkington)

Sat 11 Jan 2020 Gateshead Int. Stadium

Sun 19 Jan 2020 Sheffield EIS

Sun 29 Mar 2020 Manchester Sport City

MIDLANDS

(Lead Coach: Andy Paul)

Wed 15 Jan 2020 Birmingham HIPAC

Wed 5 Feb 2020 Stourport Sports Club

Thu 5 Mar 2020 Loughborough University

SOUTH WEST

(Lead Coach: Harry King/Martin Owens)

Sun 19 Jan 2020 University of Bath

Sat 15 Feb 2020 Sir David English Sports Centre, Bournemouth

Sun 15 Mar 2020 Tavistock College

SOUTH EAST

(Lead Coach: Mike Leonard)

Wed 8 Jan 2020 Stoke Mandeville

Wed 11 Mar 2020 Greenwich Sutcliffe Park

Sat 21 Mar 2020 Julie Rose Stadium, Ashford

The sessions are recommended for athletes aged 13+. Coaches and athletes are encouraged to attend together in order to get maximum benefit from the sessions but you are welcome to attend individually if required. The sessions are not linked to any specific club. Athletes/coaches do not have to have attended Session 1 in order to attend Session 2. Weekday courses are 18:00-21:00 and weekend course times vary. All sessions are up to 3 hours long. More details available on the online booking link.

For more info and to book online visit: www.Englandathletics.org/coachathletedays