

# QUALIFY AS A COACH IN RUNNING FITNESS (CIRF)

Are you over 18 and working with runners up to and including event group development stage? Have you already obtained the Leadership in Running Fitness or Coaching Assistant award? If you would like to broaden your technical skills further, this is the course for you.

The course will enable you to plan a progressive training program to help runners towards their specific goals. When qualified, you will be insured to coach without supervision.

Topics covered include:

- Fundamental running skills and drills
- Skill development
- Energy systems and endurance running
- Physical preparation and nutrition
- Injury prevention and management
- Flexibility
- Factors including performance
- Elements of planning and delivery
- Core coaching skills
- Integrated coaching
- Athlete development and profiling



## Your nearest course

<b>Date</b>	Day 1: Saturday 25 October 2014
	Day 2: Sunday 26 October 2014
	Day 3: Saturday 13 December 2014
	Knowledge Test: Saturday 25 April 2015
	Practical Assessment: Saturday 25 April 2015
<b>Venue</b>	Julie Rose Stadium Willesborough Road Ashford Kent TN24 9QX
<b>Course Code</b>	SC0819
<b>Cost</b>	£400 per person (EA affiliated club members £250)

For further info, please contact Rebecca Turford on [rturford@englandathletics.org](mailto:rturford@englandathletics.org)

  
ENGLAND ATHLETICS

 UNITED KINGDOM ATHLETICS

**find out more at: [www.englandathletics.org/courses](http://www.englandathletics.org/courses)**