Preparation & Recovery

for Road Running

For enthusiastic runners, leaders and coaches involved in road running

With World & European Medallist

Jenny Meadows

Learn how to prepare effectively for key sessions & target races.

Key topics:

- The importance of rest and recovery
- The different training zones and the importance of working at the appropriate intensities to achieve goals
- Ideas you can use to challenge the intensity/workload you are putting into your running
- Different types of sessions and how they fit within a training plan
- Tips and activities to include in race preparation and to aid recovery

Gain a better understanding of:

- The benefits of preparation and recovery sessions on performance
- The types of activities that can be incorporated into group/individual training plans to aid recovery and preparation
- Understand when a recovery session is beneficial and what intensity an athlete should be working at, including fuel, footwear and clothing

Stafford Rugby Club

Blackberry Lane, Stafford, ST16 2TT

Monday 9th December 2019 6.00pm-9.00pm

Tea/coffee/biscuits available from 6-6.30pm, session starts at 6.30pm.

To book email: cmallender@englandathletics.org or call 07815 801 988

This workshop is FREE

ENGLAND ATHLETICS

Road Running Workshops