

East Road Running Training Days Spring 2007



England Athletics East and the East Road Running Project Group are organizing 3 road running athlete training days during the next few months. These days are aimed at runners of all abilities who wish to develop their knowledge and performance levels.

Should you wish to reserve a place on any of these days then please **print off this form, complete it and return it to the regional office or simply contact Alison Potts in the England Athletics East office providing the following information apotts@englandathletics.org via email.**

Name

Club

Date Of Birth

Contact Address

Email

Phone Number

Special Dietary Requirements

Session(s) You Like To Attend – please highlight

1. Watford 31st March
2. Harlow 28th April
3. Peterborough 26th May

Do You Have Any Medical Conditions We Should Be Aware Of That May Affect You Taking A Full Part In These Practical Training Days?

Personal Special Achievements In Running To Date? – optional but helps us to pitch the level of training.

DATES & VENUES

- March 31st – Watford Woodside Stadium
- April 28th – Harlow Mark Hall Sports College
- May 26th – Peterborough Stanground Sports College

COST £5.00 (this event is being subsidised by England Athletics East)
Cheques payable to England Athletics Ltd

REGISTRATION: Alison Potts apotts@englandathletics.org

SEND FORMS TO

Alison Potts
England Athletics East
The Mews
Palace House
Palace Street
Newmarket
Cambs
CB8 8EP

31ST MARCH WATFORD SCHEDULE

10.30am – Arrival & Register
11.00am – Welcome & Context – Chris Jones

11.15am – Pace Judgement – Paul Evans & Liam Cain (Practical Session all)

12.15pm – Change, Shower & Lunch

1.00pm –

- Nutrition Workshop – Paul Evans & Liam Cain
- Running Your 1st Marathon
- Tapering

2.15pm – Question & Answering

3.00pm - Close

28TH APRIL – HARLOW

10.30am - Register

11am - Welcome and Context - Chris Jones

11.15am - Practical Workshops - Warm Up All

- Pace Judgement Session - led by Paul Evans
- Using the track to run your fastest 5 and 10k - John Anderson & Liam Cain

45 minutes each and swop groups

12.45pm - Change & Lunch

1.15pm - Coach Yourself To A 5 and 10k Best - Talk With John Anderson - input from Paul & Liam

2.15pm - Questions & Answers

3.15pm - Close

26TH MAY - PETERBOROUGH

10.30am - Register

11am - Welcome and Context - Chris Jones

11.15am - Practical Workshops - Warm Up All

- Pace Judgement Session - led by Paul Evans
- Using the track to run your fastest 5 and 10k - John Anderson & Liam Cain

45 minutes each and swop groups

12.45pm - Change & Lunch

1.15pm - Coach Yourself To A 5 and 10k Best - Talk With John Anderson with input from Paul & Liam

2.15pm - Questions & Answers

3.15pm - Close

Please bring with you suitable clothing and footwear – changing and shower facilities will be provided together with a lunch.

A venue map and confirmation details will be circulated upon registration.

COACH BIOGRAPHIES

Paul Evans

At the peak of his powers Paul was the UK's leading long distance runner, finishing third in the 1996 London Marathon, second in the 1995 New York Marathon and claiming victory at the 1996 Chicago marathon in 2 hours 8 minutes 52 seconds. He still holds the European half marathon record with a scorching 60.09 at Marrakesh in 1995 and is now a qualified coach & Norfolk's full-time athletics development officer

Liam Cain

Liam Cain is the England Athletics East Regional Endurance Coordinator, and a UKA Level 4 Performance Coach and is currently the coach to several international athletes.

John Anderson

Legendary Olympics Coach John Anderson has coached several athletes of world recognition including the likes of David Moorcroft and Liz McColgan.