

YOUTH ENDURANCE WORKSHOP

WEDNESDAY 22nd MAY 2019

7.00PM–8.30PM

UNIVERSITY OF BIRMINGHAM B15 2TT

Who is the Workshop for?

- Athletics coaches.
- Coaching assistants.
- Run leaders.
- Parents or guardians of young athletes.
- Club volunteers with involvement in safeguarding or making provision for young athletes.

What you will get from this workshop?

- Understanding of how to decide the appropriate training for your young endurance athletes – including the volume, intensity and number of sessions.
- Ways you can identify the stage your athletes are at and how to take this into account – including the differences between chronological, biological, training, competition and developmental ages.
- How to help your athletes have on-going and continuing progression - understanding long-term athlete development principles to enable young endurance athletes to achieve success as seniors.
- Awareness and ideas on the best ways to keep your young athletes in the sport and continuing to develop.
- Information on ways to reduce the risk of injuries and manage them if they do occur.

BOOK NOW:

To book your place on this workshop please contact Matt Long at: mattlongcoach@gmail.com