

# YOUTH ENDURANCE WORKSHOP

**WEDNESDAY 12TH JUNE 2019**

**7.00PM–8.30PM**

**EASTLANDS** (formerly Sport City)

**MANCHESTER M11 3FF**

## **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](mailto:mattlongcoach@gmail.com)