

National Endurance Days

15th & 16th November 2025

Leeds Beckett University

Overview.

The England Athletics National Endurance Days provide a fantastic opportunity for performance focused athletes and coaches from across England to train and learn together.

The days involved a full agenda of both practical and theory with some of the UKs leading endurance experts.

If you have any questions, please email:

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Jo Wilkinson

TEL Half Marathon/Marathon

Places are limited and offered on a first come first served basis to athletes who meet the outlined criteria. The criteria and booking form can be accessed at this link;

<https://forms.office.com/e/LBjP64Qjnn>

Agenda.

Saturday 15th November 2025

09:00: Arrivals

09:30: Introduction to the session from England Athletics & Leeds Beckett University

10:00: Warm up

10:30: Marathon & Race Walking in race fuelling

11:30: Cool down and change

12:00: Lunch

13:15- 15:15 S&C, Biomechanics & Heat preparation activities, carousel.

15:30: Session wrap up

16:00: Close

Agenda.

Sunday 16th November 2025

09:30: Arrivals

10:00: Training- Long run/ Race Walking option

12:00: Lunch

13:15- 14:45 Review/feedback Marathon in-race fuelling group data collected.

15:00- Practical guidance on progressing.

15:30: Close

*Lunch will be provided both days. Recommended accommodation: Hilltop Hotel



An environment of **mutual learning**
and **shared knowledge.**



Access to **world leading**
performance experts.



Get in touch.

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