



Masters athlete and coach training endurance day – Sunday 29th March 2026

The England Athletics Masters training day is a must for endurance runners and coaches who want to learn top tips around staying competitive and healthy as a Masters athlete. Overseen by England Athletics Masters Programme Co-ordinator Chris Hollinshead, the day will be a mix of practical and theoretical content with our top team of coaches, and England masters team staff. The theme for our St Mary's University event is Nutrition, and we will be joined by nutritionist Jana Wilkins.

The day is suitable for Masters athletes (35+) who are either competing for England or have a desire to compete for England. Coaches who work with Masters athletes are also welcome to attend.

Agenda for the day:*

10:00 to 10:10 Welcome

10:10 to 10:45 Masters programme update

10:45 to 12:00 The Essentials of Nutrition

- Building a solid foundation (macronutrients, micronutrients & gut health)
- Hydration and how it affects energy, training & recovery
- How to read food labels to make better choices
- Performance and race-day strategies, and how nutrition can make a difference
- Supplements - what's useful, what isn't, and how to know what you need

12:00 to 12:10 Break

12:10 to 12:30 Recovery and Nutrition Q&A

12:30 to 14:00 Squad training session (athletics track)

(*timings and details are subject to change)

Cost - £20 per ticket

Venue Details:

St Mary's University
Strawberry Hill campus (main campus)
St Mary's University
Waldegrave Road
Strawberry Hill
Twickenham
TW1 4SX

<https://maps.app.goo.gl/V1Rrt8xqqpmPn9Xa8>

If you would like further details about the day please contact Chris Hollinshead at England Athletics –
Email:- agegroupteam@englandathletics.org

Frequently Asked Questions:

Do I have to take part in the practical?

No there is no compulsion to take part, you are welcome to observe if you wish or only do part of the practical, whatever is suitable for you

What do I need to bring with me?

- Your own food and drink as there are no catering facilities on site.
- A pen and paper for making notes.
- If you are taking part in the practical session you will need to bring suitable kit for a session outdoors on the track.

Is there parking available?

Yes on site parking is available

Do I need to already have represented England to attend?

Absolutely not, the day is designed to be inclusive for all masters athletes so as long as you are 35 or older this day is for you.

Is this event just for England masters athletes?

No, we welcome masters athletes from all the home nations