

# Athletics Coaching Courses

## CIRF: COACH IN RUNNING FITNESS

### Who should go on this course?

Coaches who are 18 or over and primarily working with runners up to and including the event group development stage. All applicants must be active leaders or coaches who have completed as a minimum a Level 1, Fitness in Running & Walking, LIRF or Coaching Assistant qualifications. CIRF is about the broad application to non track based endurance running events rather than specific events or distances and is not designed for coaches who want to work with runners taking part in track based events.

### How many days will it take?

There are four contact days of course time. However it should be viewed as a development programme and you will be required to engage in pre-course work, supported practice and assessment preparation in order to complete all the required work.

### What will I learn?

How to apply the fundamental principles of running over a series of sessions to help technically develop groups of athletes. You will learn how to coach endurance running on a variety of surfaces.

#### Topics covered include:

- Fundamental running skills and drills
- Skill development
- Energy systems and endurance running
- Physical preparation & Nutrition
- Injury prevention and management
- Flexibility
- Factors influencing performance
- Elements of planning and delivery
- The core coaching skills
- Integrated coaching
- Athlete Development & Athlete Profiling

### What will I be able to do?

Plan a progressive training programme for runners, helping them to develop towards their specific goal. When qualified you will be insured to coach without supervision, working with Coaching Assistants and Leaders in Running Fitness to support you in delivering the sessions.



**Coach and plan training for runners**

