

Local Coach Development Programme – West Midlands

Endurance Workshops

Workshop 1

Development: 18-23 year olds to Seniors

Delivered by Dave Sunderland (England Athletics)

American Universities Forum Q & A

Led by Hannah England and Luke Gunn

Sunday 6 November 2011 9.15am – 12.15pm

(Includes group morning run at 9.15am, led by Geoff James)

Alexander Stadium, Perry Barr, Birmingham

ENGLAND ATHLETICS

LCDP

LOCAL COACH

DEVELOPMENT PROGRAMME

Workshop 2

Coaching female athletes from Junior to Senior Level

Delivered Dr Rod Chackraberty

Conditioning differences from Junior to Senior Level

Delivered by Ruddi Farquharson

Sunday 22 January 2012 9.45am – 12.30pm

Monroe Sports Centre, Birmingham University



Workshop 3

Recovery, Regeneration & Nutrition

Training/phasing, workloads, factors which promote recovery

Delivered by Dr Eleanor Jones

(sports scientist, Birmingham University)

Nutritional pre/post training and general management

Delivered by Tom Barnden (sports scientist, Lucozade)

Sunday 11 March 2012 9.15am – 12.15pm

(Includes group morning run at 9.15am, led by Geoff James)

Alexander Stadium, Perry Barr, Birmingham



Workshops are open to all coaches.

Athletes are invited to Workshop 1 and 3 for the group run.

Light refreshments will be provided.

To book please contact Adam Brown: abrown@englandathletics.org