

# ROAD RUNNER TRAINING DAY



**Saturday 29<sup>th</sup> September**

10:00 – 16:00

(registration from 09:30)

<http://www.englandathletics.org/east/road-running>

**Brentwood Centre**

Doddinghurst Road

Brentwood

Essex

CM15 9NN

**England Athletics East**, in association with Thrift Green Trotters Running Club, is organising another event in its successful series of training days for the region's roadrunners. Thrift Green Trotters will host the day at the Brentwood Centre.

## *WHO IS THIS FOR?*

Club runners of any level who wish to:

- Get more from their running
- Improve technique
- Avoid injury
- Learn about opportunities to coach or contribute more to their club



## *WHAT'S THE FORMAT?*

Interactive and practical – it will help you to improve your training, and understand how to become a fitter, faster, safer runner.

Speakers will share their hard-gained experience of effective training programmes, and give you a chance to put this to the test with practical sessions.

## *WHO ARE THE SPEAKERS?*

The day will include input from:

- Mel Batty (10 Mile world record holder in the 60s; coach to Eamonn Martin – last Briton to win the London Marathon )
- Liam Cain (East Region Endurance Coordinator; UKA Level 4 Performance Coach; coach to several international athletes)
- Mary Twitchett (ex Ireland international endurance runner, Cambridge University Blue Boat crew member, fitness coach)

## *HOW DO I REGISTER?*

This event is open to all.

There will be a £10/head charge (the event is subsidised by England Athletics East). To book your place just email:

[roadrunning-east@englandathletics.org](mailto:roadrunning-east@englandathletics.org)

Please provide full contact details and your club affiliation.