

# Coach Workshop

## Endurance Drills for Endurance Runners

19<sup>th</sup> May 2017

7pm to 8.30pm

Chelmsford Athletics Centre

Salerno Way, Chelmsford

Essex, CM1 2EH

This workshop session is the third of the "Endurance" series of seminars provided by coaches within the Essex Athletics Network.

Simon Mennell (Braintree AC) is an Endurance Coach who and England Athletics Tutor who has experience in coaching all abilities and ages.

Simon will discuss drills, what they are and what they are used for. He will explore the key coaching points for a variety of drills.

A practical session will allow coaches and athletes to see these drills in action and will have the opportunity to ask any questions during the evening.

This session is **FREE** to **coaches** from clubs within the Essex Athletics Network.

**£10** to **coaches** from clubs not within the Essex Athletics Network.

Early booking is recommended.

Refreshments will be provided.

To sign up or for more information please contact Hayley Pegg on [hayleypegg@hotmail.com](mailto:hayleypegg@hotmail.com) or call 07763 839863

**We hope to see you there!**

