

Report from Workshop on Track Training – is it just running in circles ?

held at 24th February 2017



Simon Mennell an Endurance Coach from Braintree AC and England Athletics Tutor shared his expertise about the benefits of track training and discussed if it is just running in circles.

Simon started the workshop by asking the group to discuss the pros and cons of track training. The six coaches from different backgrounds and different coaching experiences produced a vast list of both cons and pros.

Some of examples of Pros:

Coach can see athlete at all time // No one is left behind // Chance to work on technique // Can be fun

Practice race scenario //

Some of examples of Cons:

Boring // Visibility- Self conscious // Turning left // Motivation // Multi users

Simon discussed the points and asked the coaches to think about how they could make the cons more attractive. The focus point was on looking at what you have around the track to make training varied, fun and progressive.



The group then went onto the track to look at some fun interactive drills that would benefit all runners while training at the track.

This workshop session was the second of the “Endurance” series of seminars provided by coaches from the Essex Athletics Network. Our next workshop will be on Nutrition in March at The University of Essex.

For details of future workshops, please visit our website:
www.essexathleticsnetwork.org