



Simon Mennell a Endurance Coach from Braintree AC and England Athletics Tutor shared his expertise about the benefits of drills for endurance runners.

Simon started the workshop by asking the group to discuss the benefits of drills and also to list any drills they already use or know. The twenty two coaches from different backgrounds and different coaching experiences produced a vast list of both benefits and drills. With both running clubs and athletics clubs present it was enlightening to hear the differences among each setting.



Simon discussed the points and asked the coaches to think about how they could make the drills included into their club session. The focus point was on looking at what you already do and making the warm-up 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. The coaches were able to take part practically but also have a go at teaching the drills.

With so many coaches from different clubs in one room it was a fantastic opportunity to network and discuss coaching ideas.

The coach's feedback from the workshop:

"Thank you Hayley, we found the session really informative and we came away with a lot of ideas. We have introduced a few of the drills already. Thank you to Simon for a very informative session."

"Our coaches took a great deal away with them. We all really enjoyed it and have started implementing these into our routines. Big thank you to Simon for making it interesting and fun while we were learning these techniques"

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

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