

**Report from Workshop**  
**Transition from Track to Cross Country**  
**23rd September 2017**  
**Waterside Farm Leisure Centre**



Ian Pike an Endurance Coach from Benfleet shared his expertise about the transition from Track to Cross Country.

The eight coaches from different Athletics and Running Clubs from across Essex attended the session at Waterside Canvey.

Ian delivered an endurance session which demonstrated a vast amount of information for pre and post sessions.

The coaches' feedback from the workshop:

"Thank you Hayley, we found the session really good, Ian delivers a great session that we could take away with us ."

"Excellent delivery"

"Some new and exciting session plans to go away with, thank you"



This workshop session was the first of the "Endurance" series of seminars provided by coaches from the Essex Athletics Network and Essex County Athletics Association.

For details of future workshops, please visit our website:

[www.essexathleticsnetwork.org](http://www.essexathleticsnetwork.org)