

Workshop held on Saturday 5th October 2019

Chelmsford Sports and Athletics Centre, Salerno Way, Chelmsford CM1 2EH



Rob Thickpenny delivered the first part of two workshops centered on planning principles and physical preparation. The workshop addressed practical work to examine running, jumping and throwing movements and how these observations can link in with clear goals for the development throughout the winter/season.



Former England Athletics National Coach Mentor, Rob is an experienced strength and conditioning coach with a demonstrated history of working in elite sport for over 17 years. Rob is one of the UK's leading experts on Physical Preparation.

Sixteen Coaches discussed planning and profiling athlete movements and shapes.

There was also a practical session looking at running, jumping and throwing movements and how these observations can link in with your athletes training programs.



Session 2 will be on Saturday 16th November, and will be a discussion on progress and challenges in implementing plans discussed in Session 1, with Rob Earle. There will also be practical session on further developments including plyometric, multi-jumps and throws.

For details of future workshops, please visit our website:

www.essexathleticsnetwork.org

With thanks to ECAA for their support