



COACH AND ATHLETE DEVELOPMENT DAYS

LOCAL COACH DEVELOPMENT PROGRAMME

Day 1 – October 16th 2011 @ Broadbridge Heath

PREPARING FOR WINTER TRAINING

Steve King – 3.00pm to 5.00pm

Day 2 – November 27th 2011 @ Broadbridge Heath

PHYSICAL PREPARATION FOR YOUNG ATHLETES

Andy Neal – 3.00pm to 5.00pm

Day 3 – February 5th 2012 @ Broadbridge Heath

NUTRITION FOR SPRINTERS, ENDURANCE RUNNERS AND POWER ATHLETES

3.00pm – 5.00pm

Day 4 – March 11th 2012 @ Broadbridge Heath

PSYCHOLOGY AND PERFORMANCE

Rebecca Symes – 3.00pm – 5.00pm

To book a place on any of the Local Coach Development Programme workshops, please contact **Elsbeth Turner** on eturner@englandathletics.org