

clubrun

For England Athletics affiliated Road Running Clubs

The England Athletics **clubrun** programme supports coaches and leaders and club runners through a series of practical sessions delivered at *your club on your club night*.

Organised by the England Athletics National Coach Mentoring team for Endurance, the sessions will support clubs and their runners to achieve more by helping them work towards a specific event. Sessions will:

- ◆ Consist of three visits over a 9-12 week period, each lasting between 90 minutes to 2 hours
- ◆ Be delivered by an England Athletics National or Area Coach Mentor, or another experienced coach
- ◆ Focus on helping club runners work towards a specific race or England Athletics Championship event. Clubs can choose to focus on 5k, 10k, Half-Marathon or Marathon training.
- ◆ Include an endurance specific warm up and cool down
- ◆ Include the opportunity for informal discussion around key topics linked to training and race preparation
- ◆ Be progressive – coaches, leaders and runners are encouraged to attend all three to get the most from the series.

See you all at **clubrun!**

Club: Redcar Running Club

Visiting Coach: Darren Reeve

Dates: On Wednesday 11th July, 25th July & 8th August 2018

Time: 18:30

Event focus: 5k to Half Marathon training

Venue: Redcar Cricket Club



Coming to your club soon!