

ENDURANCE ACADEMY

Road Runners Clinic *University of Warwick Endurance Academy*

Initial Notification

Date: **Sunday 27 November, 2011**

Time: **12:00 -15:00**

Venue **Westwood Teaching Centre, Westwood Campus, University of Warwick**

University of Warwick Endurance Academy – Our first Road Runners Clinic

To support members of affiliated England Athletics clubs and those who have joined official Run England groups in Coventry, Solihull & Warwickshire; we are organising our first Road Runners Clinic. Our aim for this winter is to bring together some of the region's leading running experts to share their knowledge and tips to assist you in your racing and training. This will include

- How you can get the best from your training
- Staying injury free, including strategies to avoid illness
- The best advice on kit and nutrition.

In this first clinic we will focus on the **10km**. We are seeking to provide the best advice both to the runner preparing for their first 10km, as well as those looking to improve their personal best over this popular race distance.

Our Panel of Experts

- **Bud Baldaro** – England Athletics National Coach Mentor for endurance and recognised as one of the UK leading endurance coaches, will provide two workshops for local runners during the afternoon. In his first session Bud will consider his best coaching advice for those runners preparing for their first 10km and in his second session how to improve your 10km pb.

Three additional experts will repeat their presentation, during the afternoon.

- **Sarah Connors** – Team GB physiotherapist and joint author of *Running Well* workshop will discuss; “Common running injuries and how to avoid them.”
- **Richard Taylor** – A member of Coventry Godiva Harriers and current recipient of the British Milers Club Frank Horwill Scholarship award will expand on his recent research, with advice on “strategies to avoid illness to maximise your training time.”
- **Vince Clisham** – Joint owner of the *Coventry Runner* will provide an expert's insight into what to look for when buying your running trainers and an insight into shoe manufacturers current technology

Runners will be asked to select 2 workshops from the 4 listed

In addition **Dave Moorcroft** with a personal best of 28:09 for 10km and **Zara Hyde Peters** a fellow GB International and Chief Executive of British Triathlon, will join us during the afternoon to share their experiences of road racing.

More details on the Road Runners Clinic and other options that will be offer during this afternoon will be released during November for those athletes that have registered for the Clinic (see below)

Programme

12:00 – 12:10	Arrival at Westwood Teaching Centre, University of Warwick
12:10 – 12:30	Introduction to the Coventry, Solihull & Warwickshire Road Runners Clinic
12:30 – 1:20	Workshop 1 (runners select 1 workshop from the 4 on offer)
1:30 – 2:20	Workshop 2 (runners select a further workshop session)
2:30 – 3:00	Questions – A final experts panel session

Organisation

This Road Runners Clinic is offered free to all members of England Athletics / Run England Groups in Coventry, Solihull and Warwickshire, thanks to funding from *England Athletics*. For those outside this group there will be a charge of £5:00 per athlete.

Attendance, due to the size of the facility, will be restricted to 125

Please book your place for the November 2011 Road Runners Clinic with your Club coach at runadvisor@northbrookac.org.uk

Deadline for registration: **Wednesday 16 November.**

Further information on the Road Runners Clinic will be circulated to all registered athletes after the 16 November.



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