

Seminar for Road Runners

An evening with Amy Whitehead

Training Techniques for Road Runners

Thurs 5th October 2017

8.00pm start

Flowserve Social Club

Hawton Road, Newark, NG24 3BU

Amy will describe some of the different training methods and techniques which road runners can adopt to improve performance including:

- ◆ Speedwork
- ◆ Tempo running
- ◆ Long slow runs
- ◆ Interval training
- ◆ Hills
- ◆ Group runs
- ◆ Off road and track sessions
- ◆ Group sessions etc

No need to book – just turn up.

All welcome – come along and be inspired!

A small voluntary donation of £1 will be requested from those attending.

Hosted by Notfast RC in association with Holme Pierrepont RC



Nottinghamshire
Athletics Network



For further information contact:

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