

Injury Prevention Workshop



Nottinghamshire
Athletics Network

Led by
Paul Whittingham

Sat 25th November 2017
10.00am start

Manor Sports Centre

Kingsley Avenue, Mansfield Woodhouse,
Mansfield NG19 8JY

This workshop is aimed at all endurance runners. Topics to be covered include:

- ◆ **Prevention strategies**
- ◆ **Rehabilitation**
- ◆ **Use of injury prevention aids**
- ◆ **Exercises to avoid injuries and aid recovery**

Runners may wish to take part in the local parkrun prior to the workshop which is held at the same venue.

Free tea and coffee will be provided.

A small £1 voluntary donation is requested from those attending.



For further information contact:

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