

Preparation & Recovery

for Road Running

For enthusiastic runners, leaders and coaches involved in road running

Learn how to prepare effectively for key sessions and target races.

Key topics:

- The importance of rest and recovery
- The different training zones and the importance of working at the appropriate intensities to achieve goals
- Ideas you can use to challenge the intensity/workload you are putting into your running
- Different types of sessions and how they fit within a training plan
- Tips and activities to include in race preparation and to aid recovery

Gain a better understanding of:

- The benefits of preparation and recovery sessions on performance
- The types of activities that can be incorporated into group/individual training plans to aid recovery and preparation
- Understand when a recovery session is beneficial and what intensity an athlete should be working at, including fuel, footwear and clothing



Bolton Arena

Arena Approach, Horwich, Bolton BL6 6LB

Wednesday 29th January 2020 7pm-9pm

To book visit: [Click Here](#)