

Warm-ups & Drills

for Road Running

For
enthusiastic
runners, leaders
and coaches
involved in road
running

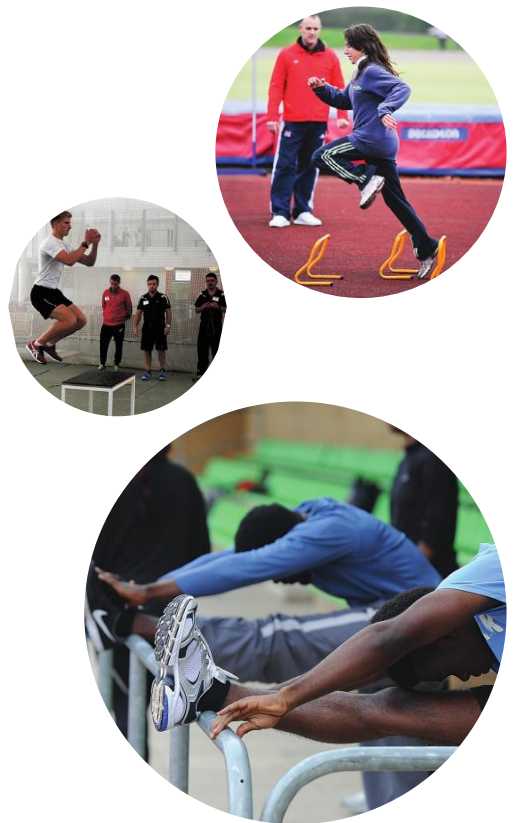
How warming up effectively and building running drills into your training programme can have a positive impact on performance levels.

Key topics:

- Practical exploration of the RAMP method of warming up (Raising heart rate, Activation, Mobile joints and Prepare/raise pulse)
- Practical ideas for appropriate stretching pre and post competition, and how this improves performance and reduces injury
- The benefits that drills and warming up can have on efficiency of movement and performance levels
- Effective running drills and how to build them into an everyday training programme.

Gain a better understanding of:

- Running drills: how, when and why runners should do them
- How to warm up using the RAMP method and the impact this can have on maximising personal potential
- Identifying when runners are suitably warmed up
- How a warm-up would be adapted for different events



Bolton Arena

Arena Approach, Horwich, Bolton BL6 6LB

Wednesday 27th November 2019 7pm-9pm

To book visit: [Click Here](#)