

RUN LEADER DEVELOPMENT DAYS SUMMER 2021



These practical sessions, led by Chris Hollinshead and held at venues around the country, are targeted at qualified Leaders in Running Fitness (LiRF) and those who regularly deliver group running sessions. They will build on the content covered in the virtual sessions held over the winter, but you won't need to have attended those to benefit from the practical sessions.

Each session will cover:

- Warm up activities.
- Mobility, range of movement and running technique.
- Developing ideas to support mixed ability groups.
- Exploring energy systems.
- Communication, demonstration and delivery of sessions.
- Networking and learning from each other.

The overall theme for these days will be for leaders to consider:

- Why are we doing what we are doing?
- How do we maximise our runners potential in the time available?

Sat 12 June	NEWCASTLE
Sun 13 June	SHEFFIELD
Sat 19 June	CHELMSFORD
Sun 20 June	CAMBRIDGE
Sat 3 July	BIRMINGHAM
Sun 4 July	BOLTON
Sat 10 July	BRIGHTON
Sun 11 July	OXFORD
Sun 18 July	BRISTOL

Choose between:

Morning sessions
10am-12:30pm

Afternoon sessions
1pm-3.30pm.

For more details and to book your place online visit:
www.englandathletics.org/RLDD2021

**JUST £20
PER PERSON**