

RUN LEADER DEVELOPMENT

VIRTUAL SESSIONS WITH
CHRIS HOLLINSHEAD

FOR NEW LEADERS

Monday 29th November 2021 (90-minute virtual session)

CONSIDERATIONS IN LEADING A GROUP

This session will look at developing the leader and will challenge them to think about the position of a leader when working with a group, how to lead rather than instruct (including feedback from your group), the benefits of operating in a confined area (trying to move away from just going for a run) and safety considerations.

Monday 6th December 2021 (90-minute virtual session)

PLANNING A SESSION FOR RUNNERS OF DIFFERING ABILITIES

This session will be underpinned by the FITT principle (Frequency, Intensity, Time & Type). The session will ask leaders to think about the different ability levels of the runners they work with, what types of session would be suitable for all, or how sessions can be adapted for all, and how to engage runners in the process.

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



JUST £15
for two sessions

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VIRTUAL SESSIONS WITH
CHRIS HOLLINSHEAD

FOR EXPERIENCED LEADERS



Monday 24th January 2022 (90-minute virtual session)

PLANNING A SERIES OF TRAINING SESSIONS

This session will look at how to use your insight and gather the information needed to design a series of training sessions which work towards a specific goal. It will cover communication and goal setting, the planning process and the importance of realistic and achievable training sessions.

Monday 31st January 2022 (90-minute virtual session)

TAPERING AND RACE STRATEGY

This session will provide an overview of how to plan a taper to help bring about peak performance for a race. In addition, it will cover other key considerations for racing, such as tactical running.

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VIRTUAL SESSIONS WITH
CHRIS HOLLINSHEAD

SPECIALIST TOPICS

Monday 21st February 2022 (90-minute virtual session)

INJURY AWARENESS

An overview of considerations runners and leaders should be aware of including loading injuries, injury prone areas, common types of injury, basic screening and signposting to professionals. With Ruddy Farquharson.

Monday 28th February 2022 (90-minute virtual session)

RUNNING FOOTWEAR

An overview of the different types of trainer covering road and off-road shoes, racing trainers (including spikes, flats and carbon-plated shoes), plus general considerations in choosing footwear.

Monday 7th March 2022 (90-minute virtual session)

MATURE RUNNERS

An overview of the considerations in training masters runners, including how our physiology changes as we age, and the impact on speed and strength.

For more details and to book your place online visit:
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JUST £30
for three sessions

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VIRTUAL SESSIONS

2021-22

WITH CHRIS HOLLINSHEAD

FOR NEW LEADERS

Cost £15 for two 90-minute sessions

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