

Greater Peterborough Athletics Network

Youth Endurance Workshop

Wednesday 31st January 2018
7pm – 9.30pm

Guest Speaker: Matt Long

England Athletics Lead Tutor & contributor to
Athletics Weekly magazine

Hosted by the GPAN, this workshop has
three key components:

- An exploration of the long-term athlete development model
- Effective short, medium & term coaching intervention
- Identifying issues specific to coaching youth endurance athletes

The workshop is a mix of practical & theory

Venue Details: The Pavilion, Embankment
Track, Peterborough Regional Fitness and
Swimming Centre, Bishop's Road,
Peterborough PE1 5BW

**Open to all members of GPAN Clubs or
runners thinking of joining a club**



www.englandathletics.org

