

# OFF-ROAD & ENDURANCE RUNNING TRAINING DAY

No matter what ability of runner you are, this training day will give you the chance to learn about road, trail and fell running and all that is involved. Learn about techniques which can improve your running, the right food to eat and even the right kit to wear! This event is free and bookings will be first come first served as places are limited.

**Free LIRF\*  
course for  
all that  
attend!**

**DATE:**  
Sunday 27th May 2012

**VENUE:**  
Delamere Forest Visitor  
Centre  
Linmere, Delamere,  
Northwich, CW8 2JD

To Book Your place, please contact:  
Vicky Huyton  
Cheshire Athletics Network Coordinator  
07738 402931  
[Vicky.huyton@sportcheshire.org](mailto:Vicky.huyton@sportcheshire.org)



\*Leadership in Running Fitness





**Cheshire**  
*Athletics Network*

**OFF-ROAD &  
ENDURANCE RUNNING  
TRAINING DAY**

**TIMETABLE**

**09:30** - Arrival

**10:00** - Introduction

**10:15** - Workshop & Discussion around Kit

**11:00** - Novice– Difference between road, trail & fell

- Intermediate– specialist off road training

- Road Running– off road training for road runners

**11:30** - Practical session

**13:00** - Lunch break (please bring own lunch)

**13:40** - Nutrition for Endurance Athletes

**14:30** - Run around Delamere; trail / off-road / road

**16:00** - Feedback session

**16:30** - Close

- There are limited places, so first come first served
- Free LIRF places available for everyone– T&Cs apply

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