



Strength & Conditioning Workshop (Free of Charge)

Led by Paul Gair, Throws Coach, Mansfield Harriers

This workshop will focus on conditioning for developing club athletes and he will give helpful advice on how to carry out conditioning exercises whilst at track side or at home with limited or no equipment. Paul is an extremely experienced coach and has a particularly strong grasp of strength and conditioning in its simplest and most effective forms.

The workshop is for any coach of any event and will most definitely benefit you as a coach and will ultimately benefit your athletes!

The workshop is not practical and will consist of a presentation and practical demonstrations of effective conditioning techniques.

Weds 25th January, 7pm-9pm, The Samworth Church Academy, Sherwood Hall Road, Mansfield, Nottinghamshire NG18 2DY.

For more information or to book on this workshop please contact Steve Moore, Club & Coach Support Officer, 07920078548 or smoore@englandathletics.org




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