

Running workshop with  
World & European Medallist



# Jenny Meadows

The difference between winter & summer preparation



**Thursday 8th November 2018** 7pm – 9pm

**English Martyrs' Catholic School, Anstey Lane, Leicester LE4 0FJ**

Jenny will deliver a 90 minute workshop covering key elements of preparation for the winter season to support runners with the transition from summer to winter training and race preparation. The workshop will contain practical and theory elements, as well as an insight into Jenny's career and an opportunity for a brief question and answer session.

Key elements of this session include:

- ◆ Planning appropriate training sessions – pre and post event
- ◆ Appropriate warm up and cool down drills
- ◆ Building in strength and conditioning sessions into a training programme
- ◆ Avoiding injury
- ◆ Nutrition

This will be followed by 30 minute Q&A session.

**This workshop is suitable for qualified Coaches,  
Run Leaders and runners of all abilities.**



**FREE - book online now at: [www.ulearnathletics.com/cpdEvent/87931](http://www.ulearnathletics.com/cpdEvent/87931)**

Further information from Chris Mallender: [cmallender@englandathletics.org](mailto:cmallender@englandathletics.org)