

# NATIONAL ENDURANCE COACHING DEVELOPMENT DAY

Stratford-upon-Avon High School, Stratford-upon-Avon

SUNDAY 22 FEBRUARY 2009 9.30 TO 17.00

## KEY LECTURE

### KEY LECTURE: POSTURAL CONTROL & INJURY PREVENTION FOR MIDDLE DISTANCE & ENDURANCE RUNNERS

**FUZZ AHMED** – Fuzz is coach to Great Britain high jumpers Tom Parsons and Beijing Olympic Silver Medalist Germaine Mason. One of Britain's leading high jump coaches and currently works with some of Britain's leading athletes across several events and has also been instrumental in recent developments in the fundamentals of athletics training principles.

## EVENT GROUPS AND LECTURERS

### 800/1500 EVENT GROUP

HOW TO PREPARE & PLAN PROGRESSIVE TRAINING SCHEDULES FOR SENIOR ATHLETES ON AN ANNUAL BASIS THAT LEAD TO INTERNATIONAL COMPETITION & MAJOR GAMES.

**DR NORMAN POOLE** – One of our leading UK Endurance Coaches and currently coach to Michael Rimmer and Tom Lancashire and numerous Internationals including coaching 3 sub two minute women at 800metres.

### 5000/10000 EVENT GROUP

PREPARING & PLANNING FOR WORLD CLASS PERFORMANCES & MAJOR GAMES.

**JAMES LI** – USA Team Manager at Beijing Olympic Games and Coach to Bernard Lagat, Multi medallist at major games including current double World Champion at 1500m & 5000m

### YOUNG ATHLETES EVENT GROUP

DEVELOPMENT OF YOUNG ATHLETES & TRANSITION TO SUCCESSFUL SENIOR.

**DAVE SUNDERLAND** – Coach Development Coordinator for England Athletics. Former National Event coach and experienced coach having worked with countless international athletes. Also an author. his latest book published on the subject of 'High Performance Middle Distance'

Learn from some of the most experienced coaches available still practicing their art who have taken athletes from relative youngsters to major games

**DAY INCLUDES KEY LECTURE and A CHOICE OF ONE EVENT GROUP. (Advise choice of group)**

Suitable for all progressive coaches but senior lectures aimed at level 3 & 4 coaches who are wishing to progress to level 5.

**Cost:** BMC Members £15, Non BMC Coaches £25.

Includes refreshments and lunch. Cheques payable to BMC

Overnight accommodation details available on request

Applications with choice of event group to BMC Administrator, 47 Station Road, Cowley Uxbridge, Middx. UB8 3AB.

Email [patfitzgerald@britishmilersclub.com](mailto:patfitzgerald@britishmilersclub.com)

by Monday 16 February 2009

# THE BEST OF BRITISH FROM THE BMC

[www.britishmilersclub.com](http://www.britishmilersclub.com)