

Running workshop with  
World & European Medallist



# Jenny Meadows

Preparing for a Spring Half Marathon



**Wednesday 30th January 2019** 6pm – 9pm  
**Tamworth AC Track, Marlborough Way, Tamworth B77 2HA**

Jenny will co-deliver this engaging and informative workshop with her husband and coach **Trevor Painter**. The workshop is primarily aimed at coaches and leaders who are working with social or beginner runners aiming to take part in Spring Half Marathon events, and is designed to offer practical solutions that will help prepare runners in the build up to the event. The workshop will cover:

- ◆ Key elements to consider when preparing for Half Marathon events –
  - ◆ How to implement these elements
  - ◆ What to include as part of training and race preparation
  - ◆ When to include key elements in the run up to the event
- ◆ Supporting others to perform
- ◆ The key performance factors

**FREE - book online now at: [www.ulearnathletics.com/cpdEvent/88167](http://www.ulearnathletics.com/cpdEvent/88167)**

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