

Greater Peterborough Athletics Network

Endurance Runners Workshop

Wednesday 22nd January 2020

7.30pm – 9.30pm

Speaker: Rob Thickpenny BA(Hons)

Sports Coach & former EA National Coach Mentor for physical preparation leading to the 2012 & 2016 Olympic Games

The workshop will focus on:

- using a foam roller properly to improve movement & mobility
- why strength training is important to improve performance & reduce injuries
- the use of strength bands & medicine balls in training

The workshop will be a mix of practical & theory so bring your foam roller!!

Venue Details: The Pavilion, Embankment Track, Peterborough Regional Fitness and Swimming Centre, Bishop's Road, Peterborough PE1 5BW

Open to all members of GPAN Clubs or runners thinking of joining a club



www.EnglandAthletics.org

